United States Department of Agriculture
Center for Nutrition Policy and Promotion
Home Economics Research Report No. 53

USDA

Abstract

This report presents historical data on the nutrient content of the U.S. food supply. The data and trends presented in this report are invaluable for monitoring the potential of the food supply to meet nutritional needs, examining relationships between food supplies, diet, and health, and examining dietary trends of Americans. Additionally, food supply nutrient estimates not only reflect both Federal enrichment and fortification standards and technology advances in the food industry, but also contribute to the Federal dietary guidance system. As such, these data are of interest to agricultural policymakers, economists, nutrition researchers, and nutrition and public health educators.

Data are provided for food energy and the energy-yielding nutrients—protein, carbohydrate, and fat—as well as for total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, 10 vitamins, and 7 minerals. Included are estimates of quantities of food energy and nutrients per capita per day for the years 1909 through 1994. Also, included are estimates of percent contributions of nutrients by major food groups and quantities of food available for consumption for selected years .

In 1994, food energy levels were the highest for the series at 3,800 kilocalories. This level reflects higher levels of fat than in 1909; however, the source of fat shifted from animal to plant, resulting in increases in polyunsaturated fatty acids. Cholesterol levels were lower in 1994 than in 1909, reflecting the decreased use of animal fat but mostly due to the decline in egg use. Despite a general decrease in the level of carbohydrate over the series, the carbohydrate level in 1994 is just slightly lower than that in 1909. This reflects the trend toward increased consumption of grain products and sugars and sweeteners in more recent years.

Levels for many vitamins and minerals were higher in 1994 than in 1909. Higher levels of thiamin, riboflavin, niacin, and iron in 1994 reflect Federal enrichment standards and the greater use of enriched grain products. Higher vitamin A and carotene levels in 1994 were due to the increased availability of deep-yellow vegetables high in carotene and dark-green vegetables, such as broccoli. The higher vitamin C level in 1994 was due to increased fruit availability. The higher vitamin E level in 1994 reflects the greater use of vegetable fats and oils and is associated with increases of polyunsaturated fatty acids. Higher calcium and phosphorus levels in 1994 reflect the increased consumption of lowfat milks and cheese.

In 1994, vitamin B_6, copper, and zinc levels were similar to those in 1909. Levels for vitamin B_{12}, magnesium, and potassium were lower than in 1909 but still exceeded recommendations for a healthy diet on a national basis. The lower level of vitamin B_{12} was due to the decreased consumption of eggs and organ meats. Lower levels of magnesium and potassium reflect less consumption of plant foods, in particular fresh potatoes and grain products.

Key Words: disappearance data, food and nutrient available for consumption, food supply, food use data, nutrients per capita, nutrient and food estimates.

This publication is an update of Home Economics Research Report No. 52, "Nutrient Content of the U.S. Food Supply, 1909-90," issued in 1994. It includes revised estimates for the years 1909 through 1990 as well as new estimates for 1991 through 1994. This publication supersedes all previous publications on the Nutrient Content of the U.S. Food Supply.

Suggested citation: Gerrior, S. and Bente, L. 1997. *Nutrient Content of the U.S. Food Supply, 1909-94.* U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Home Economics Research Report No. 53.

October 1997

Acknowledgments

Judith Putnam and Jane Allshouse in the Commodity Economics Division, Economic Research Service, U.S. Department of Agriculture, supplied most of the per capita food estimates. Steve Koplin of the National Marine Fisheries Service, U.S. Department of Commerce, provided data on fish. Susan Gebhardt in the Nutrient Data Laboratory, Agricultural Research Service, U.S. Department of Agriculture, provided all nutrient data.

Judith Putnam; Linda Scott-Kantor in the Commodity Economics Division, Economic Research Service, U.S. Department of Agriculture; Susan Gebhardt; and Claire Zizza of the Nutrition Promotion Staff, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, reviewed this report.

FU Associates, LTD, under contract with USDA, provided technical support to maintain the food supply computerized data base management system used to calculate nutrient estimates.

Contents

List of Figures

List of Tables

Supplemental Information

Nutrient Content of the U.S. Food Supply, 1909-94

Introduction

The Nutrient Content of the U.S. Food Supply is a historical data series, beginning with 1909, on the amounts of nutrients per capita per day in food available for consumption.[1] Per capita estimates are made for food energy and the energy-yielding nutrients—protein, carbohydrate, and fat—as well as for total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, 10 vitamins, and 7 minerals. Because the conceptual basis for measuring foods has remained the same since its inception, trend comparisons can be made among different years.

Food supply nutrients were first estimated in the early years of World War II to assess the nutritive value of the food supply for civilian use in the United States and to provide a basis for international comparisons with the food supplies of our allies. Since then, these estimates have been updated periodically *(13,36,45,51)* to reflect incorporation of more recent food composition data, the release of updated per capita commodity values, advances in technology, and changes in marketing practices. As in the early years, per capita nutrient estimates are used to assess the nutritional value and adequacy of the food supply to meet the nutritional needs of Americans. However, the purpose of these data goes beyond assessing the food supply for sufficient nutrients to prevent the nutrient-deficiency diseases of the 1940's and 1950's. Currently, food supply nutrients are closely linked to food and nutrition policy, with prominence in areas related to nutrition monitoring, Federal dietary guidance, fortification policy, and food marketing strategies.

Purpose

Food supply per capita nutrient estimates play a key role in nutrition monitoring activities. They are needed to monitor the potential of the food supply to meet the nutritional needs of the U.S. population, as well as to examine historical trends, and to evaluate changes in the American diet. These estimates provide unique and essential information on the amount of food and nutrients available for human consumption in the United States. Accordingly, the U.S. food supply series is one of the five major components of the National Nutrition Monitoring and Related Research Program (NNMRRP) established by the National Nutrition and Related Research Act of 1990. This program is comprised of a system of interconnected Federal and State activities that monitor the dietary, nutritional, and nutrition-related health status of Americans as well as the relationship between diet and health; and the factors that influence dietary and nutritional status *(11)*.

Food supply nutrient per capita values are important dietary indicators because they measure the ability of the food supply to satisfy the nutritional needs of the U.S. population. These values represent the amount of nutrients in foods that disappear into the marketing system—not the amounts actually consumed. Therefore, they are greater than the amounts individuals actually ingest because losses from trimming, cooking, plate waste, and spoilage are not accounted for in the estimates. Also, these values represent averages for the entire population. Although ample quantities of nutrients may be available from food on a per capita basis nationwide, food is distributed neither equally nor on the basis of need. Thus, these estimates are more appropriate as indicators of trends in consumption over time than as absolute levels of food eaten.

In support of Federal dietary guidance and nutrition monitoring activities, food supply nutrient data are important to agriculture and nutrition policymakers for translating nutrient goals for Americans into goals for food production and supply levels. Nutrient goals are based on the Recommended Dietary Allowances (RDAs) and are specific for sex-age groups. Over the years, a nutritionally adequate food supply has been linked to providing sufficient energy, macronutrients, and micronutrients to meet the nutritional needs of the U.S. population. However, to ensure that sufficient nutrients are available to the whole population, the nutrient levels in the food supply need to exceed recommended allowances because the estimates reflect the amount available before losses from trimming, cooking, plate waste, and spoilage.

[1] U.S. food consumption is based on records of supply and utilization commodity flows from production to end uses. Data on the amount of food available for consumption are obtained from USDA's Economic Research Service (fig. 1).

Also, food supply nutrients are reflective of developments in the marketing system.[2] For example, more money and less time for food buying, preparation, and eating in many American households has made convenience one key to success in the marketplace (*27*). Health concerns have also become increasingly influential in food choices, particularly in the last two decades. Responding to consumers' desires for convenient and healthful foods, as well as to the directives of Federal dietary guidance, the food industry has reshaped many aspects of the food supply.

Food supply nutrient estimates reflect the food industry's response to Federal dietary guidance and consumer demand for lower fat and leaner products. Most recently, many of the production techniques and marketing changes made by the food industry have been responsive to and reflective of dietary recommendations for fat, saturated fat, and cholesterol. Thus, these data help identify sources of nutrients and food components in the existing food supply, useful to nutrition educators and consumers.

Food supply nutrient data are useful in evaluating the effects of technological alterations and marketing changes on the food supply over time. Technological changes and improved marketing practices produce an even greater number and variety of foods, respond to consumer demand for convenient and healthful foods, and generally enhance the health benefits associated with the food supply (*12*). Alteration of the food supply may consist of the addition of nutrients or the removing of nutrients or dietary component. The addition of nutrients to foods through enrichment and fortification has been an effective way to maintain and improve the overall nutritional quality of the U.S. food supply. Because the food supply series measures foods and nutrients over time, the impact of added nutrients for purposes of enrichment and fortification of basic food commodities can be gauged. For example, nutrient per capita estimates can be used to evaluate the need for and the impact of fortification policy. Also, fortification policy has the potential to control or decrease macronutrients and simultaneously increase micronutrients in the food supply by making specific foods more nutrient dense, without increasing calories or fat.

[2]Important changes over the years that impact on the food supply series are demographic and population shifts, changes in consumer lifestyles, economic conditions, farm policy and programs, food programs, and public policy on food-related issues (*27*).

Along with Federal dietary guidance and consumer concern for convenience and health, Government policy affects food marketing and has implications for pricing, demand, and the mix of foods and nutrients in the food supply. Federal domestic programs affect the food supply by increasing the consumption of food in general or for a specific food. Over the years, the types of Federal programs have changed with varying effects on food demand (*27*). The principal food program since 1970 has been food stamps, a program that increases total food demand. Direct food distribution programs, primarily for dairy foods, were put in place to accommodate surplus stocks. These include, but are not limited to, the Temporary Energy Food Assistance Program in the early 1980's, Meals on Wheels, soup kitchens, and food banks. USDA price support programs or commodity programs have subsidized prices or incomes of the producers of certain commodities, thereby, controlling supplies. In recent years, grain programs have made direct payments to producers to restrict supply; sugar programs have restricted imports in order to raise prices of domestic sugar prices; and dairy support programs have set minimum prices by fixing prices paid to farmers for butter, nonfat dry milk, and cheese.

The U.S. food supply series continues to be the major source of U.S. dietary information with which international comparisons can be made. The methodologies used to estimate foods and nutrients available for consumption in the United States are similar to those used by the Food and Agriculture Organization of the United Nations for other countries. Both methodologies are based on the concept of food balance sheets, which include data on the supply and utilization of food. Thus, these data can be used to compare the U.S. diet with diets of other countries.

Food supply nutrient per capita values may be used by researchers to explore the relationships between food and nutrient availability and nutrient-disease associations. Epidemiological studies *(1,8,20-23,26,29,37,39,40)* examining these relationships are possible because the methodology used to estimate the per capita values over time and across countries is consistent. Thus, researchers are able to examine diet and disease relationships on a cross-national basis, on a time-series basis, or both.

Methodology

The nutrient content of the food supply is calculated using data on the amount of food available for consumption from USDA's Economic Research Service (ERS) and information on the nutrient composition of foods from USDA's Agricultural Research Service (ARS). Estimates of per capita consumption for each commodity (in pounds per year) are multiplied by the amount of food energy and each of 24 nutrients in the edible portion of the food. Results for each nutrient from all foods are totaled and converted to amount per capita per day.

Food Consumption Estimates

ERS annually calculates the amount of food available for consumption on a per capita basis in the United States[3] (*35*). The U.S. food supply series, which measures national consumption of several hundred basic commodities, is based on records of commodity flows from production to end uses (fig. 1). This involves the development of supply and utilization balance sheets for each major commodity from which foods are produced. Total available supply is the sum of production, beginning inventories, and imports. These three components are either directly measurable or are estimated by Government agencies using sampling and statistical methods.

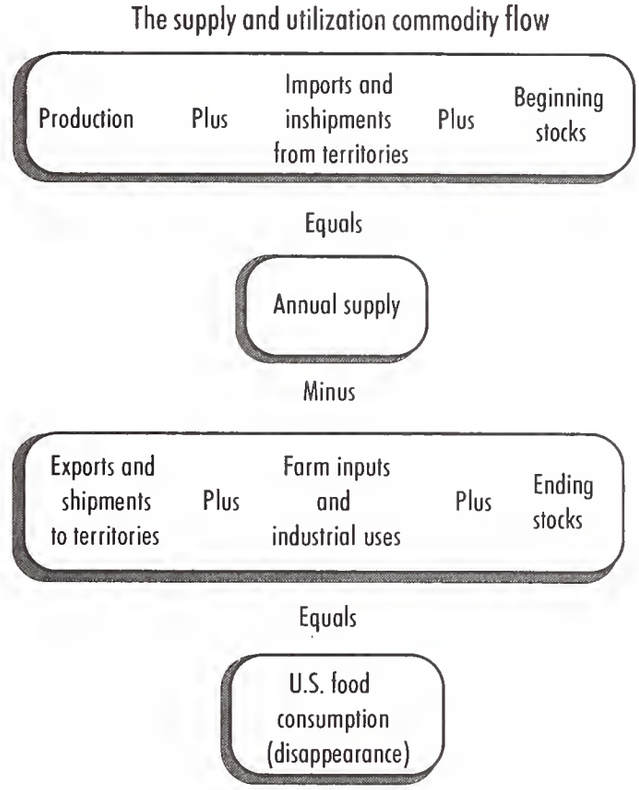
The food available for human use reflects what is left from available supply after deducting exports, industrial uses, farm inputs, and end-of-year inventories. Human food use is not directly measured or statistically estimated. Instead it is a residual component after subtracting out other uses from the available total supply. The availability of food for human use represents disappearance of food into the marketing system, and it is often referred to as food disappearance. Food disappearance measures food supplies for consumption through all outlets--at home and away from home. Per capita food use, or consumption, is calculated by dividing the total annual food disappearance by the total U.S. population.

Estimates of consumption (disappearance) are prepared at two levels for most commodities: the primary weight and the retail-equivalent weight. The basic measurement is at the primary distribution level. For some commodities, such as eggs and produce, measurement is at the farmgate. For most commodities that are processed, it is at the processing or manufacturing plant. Once the primary level of distribution has been selected, quantities of all other components in the balance sheet for that commodity are converted to the primary-weight basis, using appropriate conversion factors. For example, the primary distribution level for red meat is the slaughter plant, so all quantities are converted to carcass weight.

ERS converts food consumption from primary weight to a retail-weight equivalent, using conversion factors that allow for additional processing, trimming, shrinkage, or loss in the distribution system. Subsequent losses that occur after the retail level, such as in preparation and cooking in the home or food-service establishments, are not considered. Therefore, the amount of foods available for consumption exceeds that actually ingested by individuals.

[3]ERS provides information for most foods. Fish and shellfish data used in the food supply series are provided by the National Marine Fisheries Service of the Department of Commerce *(41,55,56)*.

Figure 1. Estimating U.S. Food Consumption



Source: Putnam, J.J. and Allshouse, J.E.. 1996. Food Consumption, Prices, and Expenditures, 1996. Annual Data, 1970-94. U.S. Department of Agriculture, Economic Research Service. Statistical Bulletin No. 928.

The food supply includes a relatively small number of foods—approximately 400— because foods are measured as primary commodities, such as sugar, flour, and vegetables, before they are combined with other foods into mixtures or finished products, such as frozen and canned entrees, soups, and baked goods. Thus, it is possible to account for the entire supply of food, whether the food is used by restaurants, institutions, fast food outlets, or homes, by measuring a relatively small number of basic foods.

Over the years, changes in the use of certain foods and in the availability of data have made it necessary to measure food use at different points in the marketing system. For example, before 1960, potato use was reported only on a fresh basis, which included processed forms converted to their fresh equivalent weight. However, due to increased use of processed potato products since 1960, potato consumption is now reported on both a fresh (farm-weight) and processed (retail-weight) basis. For example, consumption of processed potatoes in canned, frozen, dehydrated, or chip form is measured by using a conversion factor to report the farm-weight equivalent of fresh potatoes used to produce these foods. To maintain comparability throughout the series, the nutrient values are adjusted according to their various forms.

Due to data limitations, some commodities, such as salad and cooking oils and fish, are reported as separate categories. However, because individual foods within these aggregate categories can vary greatly in their nutrient composition, both unpublished and published data for specific foods were used to more accurately reflect specific nutrients within each category. For example, nutrient estimates for salad and cooking oils were estimated using USDA production and import and domestic consumption data for individual oils *(15,50).* Similarly, data from National Marine Fisheries Service (NMFS) were used to estimate nutrients for specific categories of fish—fresh/frozen, and canned and cured finfish, and canned shellfish—based on their lipid content.

Beginning in the 1960's, consumption of produce from home gardens has been measured using data from USDA's decennial food consumption surveys as benchmarks. Estimates for years between the decennial surveys were interpolated from changes in proportions of households with gardens. These estimates were based on data from National Gardening Surveys of the National Gardening Association. ERS provided data on home garden produce prior to the 1960's.

Because of data losses since 1981, ERS discontinued estimates for a number of commercially produced fresh and processed fruits and vegetables. These data losses were the loss of national production estimates for a number of fresh vegetables[4] from USDA's National Agricultural Statistics Service (NASS) between 1981 and 1992, the loss of industry-supplied pack data, and the underestimate of U.S. fresh fruit and vegetable exports to Canada during the 1980's. To maintain the historical series of processed produce, the Center for Nutrition Policy and Promotion (CNPP)[5] assumed consumption of these commodities remained constant since the early 1980's. In an attempt to overcome these important commodity data losses, ERS generated estimates of national production for vegetable and fruit commodities dropped from the NASS program in the 1980's and coverage overall (*35*). As a result, this report contains per capita estimates of radishes, romaine and leaf lettuce, Brussel sprouts, chile peppers, and a miscellaneous "other" frozen category for the first time. Also, per capita estimates of fresh cabbage, celery, cucumbers, escarole, garlic, green beans, green peppers, artichokes, eggplant, onions, spinach, tomatoes, apple products, and fresh and processed pineapple previously carried forward or estimated by CNPP were replaced with updated estimates from ERS.

The estimates of the nutritive value of food available for consumption may not include the total supply of nutrients. For example, quantities of phosphorus contained in carbonated soft drinks are not included. The nutritive content of baking powder, baking soda, yeast or dough conditioners, vitamin and mineral preparation, and calories from alcoholic beverages are excluded.

---

[4]These include asparagus, cucumbers, fresh green beans, artichokes, Brussels spouts, cabbage, eggplant, escarole/endive, garlic, bell peppers, spinach, lima beans, and beets for processing.

[5]Prior to this update, the U.S. Food Supply Series was maintained by the U.S. Department of Agriculture's Human Nutrition Information Service (HNIS), Nutrition Information Division. The Center for Nutrition Policy and Promotion (CNPP) was created December 1, 1994. CNPP is comprised of the former Nutrition Education Division of HNIS and the former Family Economics Research Group of the Agricultural Research Service (ARS).

Food Composition Data

The food composition data used to estimate the nutrients available in the Food Supply were obtained from the Primary Nutrient Data Set (PDS), containing approximately 3,000 foods and their nutrient profiles. The nutrient data base was developed by the ARS's Nutrient Data Laboratory (NDL) for use with the 1994 Continuing Survey of Food Intakes by Individuals (CSFII). In addition, food specialists in NDL developed nutrient profiles for unique items for use with Food Supply calculations *(44)*. Food values are based primarily on laboratory analysis. If laboratory values are not available, values are imputed from data for other forms of the same food or from data for similar foods.

Nutrients added to foods commercially through fortification and enrichment are also included in the nutrient estimates. Data obtained from periodic surveys of industry are used to estimate the amounts of added nutrients to the food supply. Included are iron, thiamin, riboflavin, and niacin added to flour and cereal products; the vitamin A added to margarine, milk, and milk extenders; vitamin B_6 added to cereals, meal replacements, and infant formulas; vitamin B_{12} added to cereal; and vitamin C added to fruit juices and drinks, flavored beverages, dessert powders, milk extenders, and cereals.

Estimates of the nutrient content of the food supply exclude nutrients from the inedible parts of foods, such as bones, rinds, and seeds, but include nutrients from parts of foods that are edible but not always eaten, such as the separable fat on meat. With the exception of canned fruits and vegetables for which nutrient data accounts for losses in processing, food supply estimates include nutrients that may be lost in processing, marketing, or cooking after food use is measured.

All of the nutrient values per capita dating back to 1909 are recalculated with the most up-to-date food composition values available. This means that any changes in these values due to improvements in laboratory analysis and sampling practices are accounted for over the entire series. For example, because of improvements in analytical methods, the nutrient composition data for eggs were updated in 1989. The changes included a lower cholesterol content of eggs. Since this difference was a result of improved analytical methods and not a change in the food, the lower value of cholesterol for eggs was used to recalculate the cholesterol values per capita for previous years.

Nutrient values per capita also reflect changes over the years in the actual foods due to technological developments and marketing practices. For example, fat content of poultry has varied over the years because the breeding and feeding practices of the poultry industry have changed. Also, the fat content of beef and pork has changed in the last half of the series due to the closer trimming of fat from 1/2 inch to 1/8 inch in beef cuts and the production of leaner hogs, respectively. Otherwise, for the majority of foods in the food supply, nutrient composition has not changed dramatically over this century.

Changes in Methodology

The data bases used to calculate food supply nutrient estimates are continually evolving. New sources of information have allowed for the updating of food supply methodologies that better reflect market conditions and technological advances. CNPP has made the following food supply methodology changes since the last report published in 1994.

Dairy.—Since the beginning of this century, the average butterfat content of whole milk declined from 3.80 percent in 1909 to 3.25 percent in 1994. Changes in types of cows bred for milking and Federal standards on lower minimum levels of fat[6] in milk products as well as demand by the consumer for lower levels of butterfat in milk products contributed to this decline. In fact, the high-fat milks of the 1950's are now almost entirely gone from the market (*27*). To account for these changes and to be more consistent with ERS per capita consumption estimates for all fluid milk products, the butterfat content of these products has been revised *(28,42)*. Revised butterfat data were applied to per capita consumption estimates for fluid milks to separate them into their respective fat and residual components. This resulted in larger quantities of the residual component and smaller quantities of the fat component for these products over the series.

Red Meat.—The red meat industry has altered a number of marketing practices in the past three decades with ramifications on the U.S. food supply series. Specifically, feeding practices, genetic and animal management practices, meat handling, and merchandising practices have been modified to improve production efficiency and to respond to consumer's health concerns about dietary fat and red meat *(5,31)*.

[6]Minimum butterfat content was set by State regulation until State standards that differed from the Federal standard were preempted by the Nutritional Labeling and Education Act of 1990.

Resultant changes in the quantity and quality of red meat available for consumption in the food supply required that adjustments in the nutrient data bases be made beginning with the year 1955. These adjustments compensate for quantity overestimates previously reported for the mid-1950's to the present and reflect up-to-date nutrient information. Overall, closer trimming of fat and more bone removal have resulted in a lower ratio of available carcass for retailers and consumers.

Beef and Pork.—Conversion factors[7] used to calculate beef and pork quantity and nutrient estimates were revised to account for variations in quality and yield of the product and in marketing practices *(6,7,34,38,43,59)*. These new factors are based on changes in animal husbandry or technology, marketing practices of fat and bone at the packer or retail level, or a combination of these events at a specific period over the series. Two sets of conversion factors were revised for beef. One accounted for closer fat trim specifications by packers (carcass-to-wholesale) and the other adjusted for the closer trimming of fat and increased removal of bone by retailers (carcass-to-retail). For beef, Yield Grade *(43)* was a major consideration in the adjustment in animal composition because the lower the Yield Grade, the less fatty the animal carcass *(33)*. Also, the current retail practice of fat trim replaces the 1/2-inch trim of the 1970's and 1980's with an 1/8-inch trim.

For pork, conversion factors used for carcass-to-retail calculations were adjusted downward for the series beginning in 1955 to better reflect the changing mix of lean and fat on the carcass and the smaller percentage of carcass available for fat cuts *(6,7)*. Two factors were revised for pork—one for lean cuts and the other for fat cuts. They account for the separation of wholesale pork into lean and fat cuts during processing and exclude fat cuts from the total retail carcass weight. The revised factor for fat cuts was based on bellies' (primarily bacon) percentage yield from bone-in trimmed wholesale cuts *(14)*. Since the late 1960's, this yield has decreased and in 1994 was about one-half that of 1965.

Revised conversion factors were applied to beef and pork quantity estimates beginning in the mid-1950's. Nutrient contributions for these revised quantities were estimated using appropriate PDS values.[8]

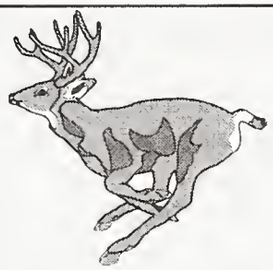
[7]A conversion factor for meat is used to calculate the dressed meat equivalent of bone-in cuts and boneless retail cuts. In the U.S. food supply series, an assumption is made that a certain percentage of carcass weight (fat, bone, connective tissue, and shrink) is removed or lost before the product reaches the retail level or consumer *(33)*.

Veal and Lamb.—Although veal and lamb have been important contributors to the total consumption of red meat by Americans over time, the consumption of these meats has been steadily declining over the last three decades *(3)*, with per capita consumption in 1994 at less than 1 pound each. Fewer changes have occurred in the production and marketing of veal and lamb than for beef and pork but since the early 1990's, many retailers have been trimming lamb products to an 1/8-inch trim. Also, carcass-to-retail conversion factors used for veal from the early 1960's have been changed and are consistent with those used by ERS. These factors are more reflective of the cattle industry and more representative of the nutrient contributions from veal to the food supply. The conversion factors for lamb were not changed; however, the PDS values used in the lamb nutrient data base reflect the leaner cuts of more recent years.

Fish.—Fish production data include fish caught by commercial fishing vessels, noncommercial sources, and aquaculture. Canned and cured fish are processed from fish caught and are counted separately from those that are caught for fresh and frozen distribution. Beginning in 1980, aquaculture began to play a major role in fish production *(54)*. Presently, aquaculture provides a significant portion of the fish in the U.S. fish supply, particularly salmon, trout, and catfish species *(57)*. Estimates for some fish in the food supply are reported as broad categories that include a number of species based on lipid content. The categories include: fatty fish, those containing more than 5-percent fat; lean fish, those containing 5 percent or less of fat; and ground fish.

In the past, the nutrient contributions of the individual species of fish within the lean and fatty categories have been estimated using nutrient estimates calculated by ARS *(10)*. These nutrient composites are based on the distribution of the individual species within a broad category of fish and reflect the nutrient contributions from each species in the category to the total nutrients of that category. Previously, no nutrient composite had been used for ground fish. For this update, a nutrient composite has been defined and calculated for ground fish using the same procedures as used for the fatty and lean fish composites. Nutrient composites were reviewed for the fatty and lean categories and adjusted to reflect increases in aquaculture production in later years.

[8]The PDS values reflected changes in fat trim and animal composition as they occurred at specific points in time. For example, a PDS code reflective of 1/4-inch trim for beef was used for 1975 to 1990 and one reflective of 1/8-inch trim for beef was used for 1991 and 1994.



Update of Game Consumption

Food supply game consumption estimates have been updated by CNPP based on State game harvest data. Prior to 1963, ERS provided these data, and per capita estimates were retained since 1963. To improve the quality of food supply game data, CNPP used individual State data because each State collects harvest game data *(32)*.

Based on these data, game was divided into one of five categories: deer,* big game (excluding deer), small game, land birds, and water fowl. Carcass weight of each species was determined using weights provided by the States, and a weighted average was used for each category. In cases where States did not provide carcass weight data, weights were based on information from the Wildlife Management Institute in Washington, DC *(4)*. Harvest data were totaled for a particular year and adjusted based on carcass weight. These estimates were divided by the Census population data and per capita and nutrient estimates were calculated for each of the game categories from 1966 to 1994. Game data prior to 1966—per capita estimates provided by ERS—have been replaced with the deer per capita estimates as previously all per capita game estimates were assumed to be deer.

The quantity of game in the food supply in 1994 was 3.5 pounds per capita per year, as compared with 4.5 pounds in 1909. For both years, deer was the primary contributor, providing over two-thirds of the quantity and with a larger per capita consumption than veal or lamb in 1994.

Although these data may be limited by differences in collection methods for the same species from State-to-State or across different States, they give a more representative profile of the types of game consumed and the nutrient contributions from these game than previous estimates.

*Deer were placed into a separate category from other big game due to its larger use and nutrient contributions to the food supply.

Soy Flour.—Per capita values for soy flour (flour and grits) have not been determined by ERS since 1980. To avoid data voids in the series, values prior to 1980 have been carried forward by CNPP. Since 1980, the use of soy flour by the food industry has increased as well as its availability in natural food stores and some supermarkets. To account for this increase and to be more reflective of nutrient contributions from soy flour, per capita estimates were revised based on product shipment data from the *Census of Manufacturers*, an industrial series done every 5 years by the Bureau of the Census *(52,53)*. Per capita estimates for defatted soy flour, a soy flour that has the oils removed during processing, were revised back to 1972 and are higher than previous estimates. Those for full-fatted flour, a soy flour that contains the natural oils found in the soybean, were carried forward based on previous ERS per capita estimates. Since soy flour manufacturers initially defat the flour in processing and then refat it based on requests from the customer, there is a limited use of full-fatted soy flour at the commodity level.

Fruits and Vegetables.

Fresh Fruits and Vegetables.—In the early 1980's, USDA stopped reporting per capita values for many commercially produced fresh and processed fruits and vegetables because national production data were no longer available. However, many of these fruits and vegetables are important sources of several nutrients. To continue monitoring as many of the fresh vegetable and fruit sectors as possible, ERS commodity specialists estimated national production for a number of specific vegetables and fruits using data from those States that continued to collect production information *(35)*. (See Food Consumption Estimates). The nutrient per capita values, derived for these improved data, are more accurate than previous values issued in 1994.

Canned Fruits and Juices.—Beginning with 1991 per capita estimates, ERS no longer distinguished between the final product forms of juices, such as frozen or canned orange and grapefruit juices. Since that time, per capita juice has been reported as merely juice, gallons per capita. Procedures, using ERS supply data, have been developed to distinguish between the frozen and canned forms of juices in the food supply to ensure consistency of data and to reflect nutrient contributions from these commodities *(48,49)*.

Trends in Availability of Foods and Food Energy and Nutrient Levels, 1909-94

Quantities of Food Available From Major Food Groups

During this century, substantial change has occurred in the American food supply and its nutrients available therein. Many of these changes are linked to advances in food production and technology, Federal standards for enrichment and fortification, the Federal Dietary Guidance system, and changing consumer preferences promoting demand for nutritionally improved foods.

Total meat consumption reached a record high in 1994 at 241 pounds per capita with poultry increasing more than fivefold from 16 to 90 pounds per capita between 1909 and 1994. Since the 1970's, the poultry industry has developed a variety of poultry products, such as prepackaged parts, ground meat, and luncheon meats. Fish use has increased somewhat, from 12 pounds per capita in 1909 to 19 pounds per capita in 1994, remaining relatively stable since the late 1980's. Red meat continues to be a major part of our diet, but its use is down about 10 percent from 148 pounds per capita in 1909 to 133 pounds per capita in 1994. Although the use of beef peaked in 1976, at 156 pounds per capita, since that time its use has declined due to consumer interest in convenience and concern for health. Egg use has generally declined over the series, but a slight increase has occurred since the early 1990's (fig. 2).

Shifts have occurred in the use of dairy products and are reflected in the food supply. Consumption studies suggest demand for whole milk has declined whereas that for lowfat and skim milk and yogurt has increased substantially, particularly in the past two decades. The increase in ethnic diversity, the demand for hard cheeses (i.e., cheddar and Italian cheeses used in pizza making), and the expansion in processed cheeses have increased cheese consumption from 4 pounds per capita in 1909 to 30 pounds per capita in 1994 (fig. 3).

The use of grain products has increased since the lowest levels, around 140 pounds per capita, were reached in the early 1970's. However, use continues to be considerably lower at 208 pounds per capita in 1994 than in 1909 when the level was at 300 pounds per capita. In contrast, caloric sweeteners have increased in use and are at record levels. Shifts within this group have occurred. Over the series, refined sugar has been largely replaced by high fructose corn syrup, which was at an all-time high in 1994 (fig. 4).

Vegetable use is rising and in 1994 was at the highest level since the 1960's but continues to be lower than in 1909.

Figure 2. U.S. Food Supply: Meat, Poultry, Fish, and Eggs, per Capita per Year

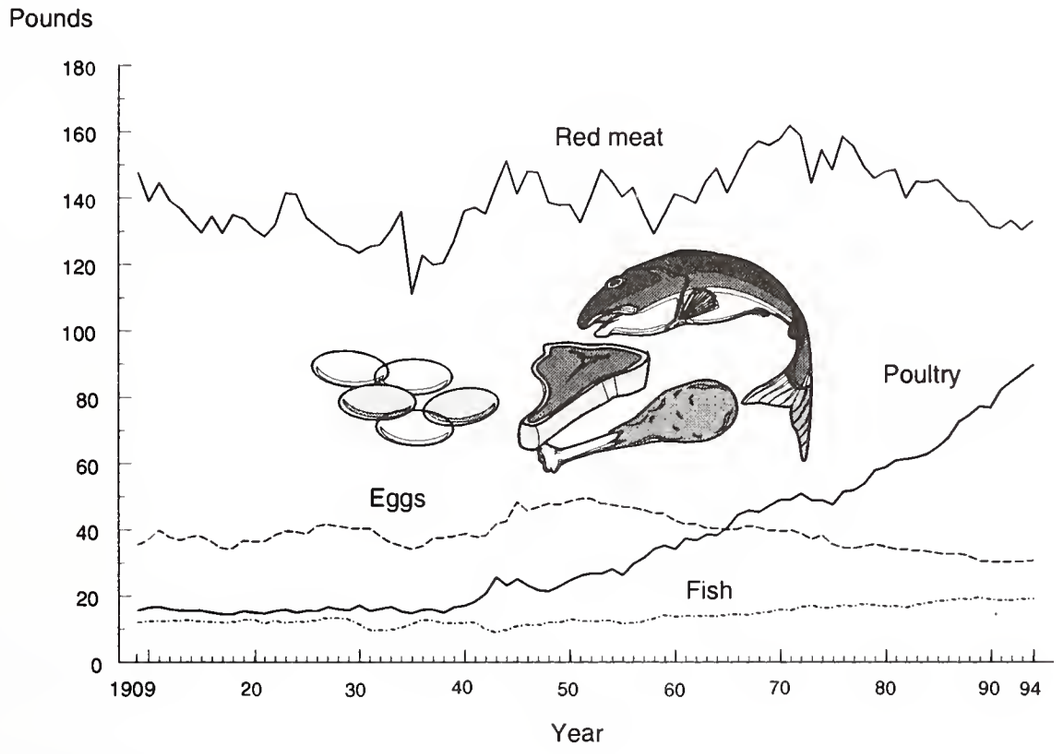


Figure 3. U.S. Food Supply: Dairy Products, per Capita per Year

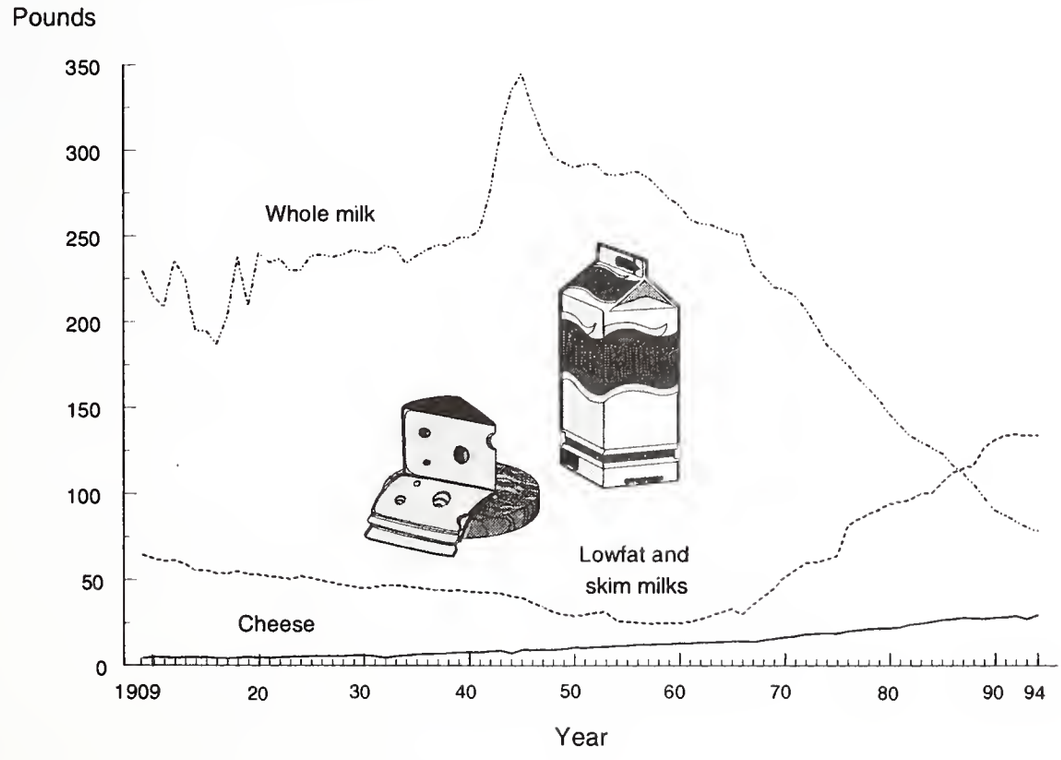
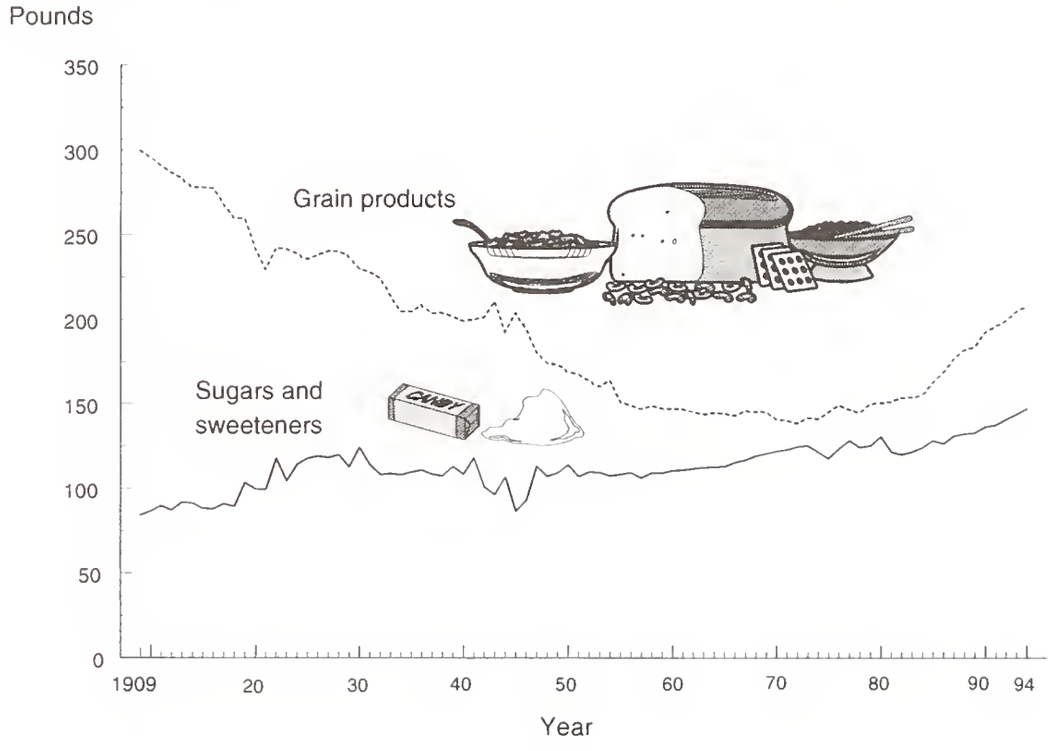


Figure 4. U.S. Food Supply: Grain Products and Sugars and Sweeteners, per Capita per Year



Grain Consumption

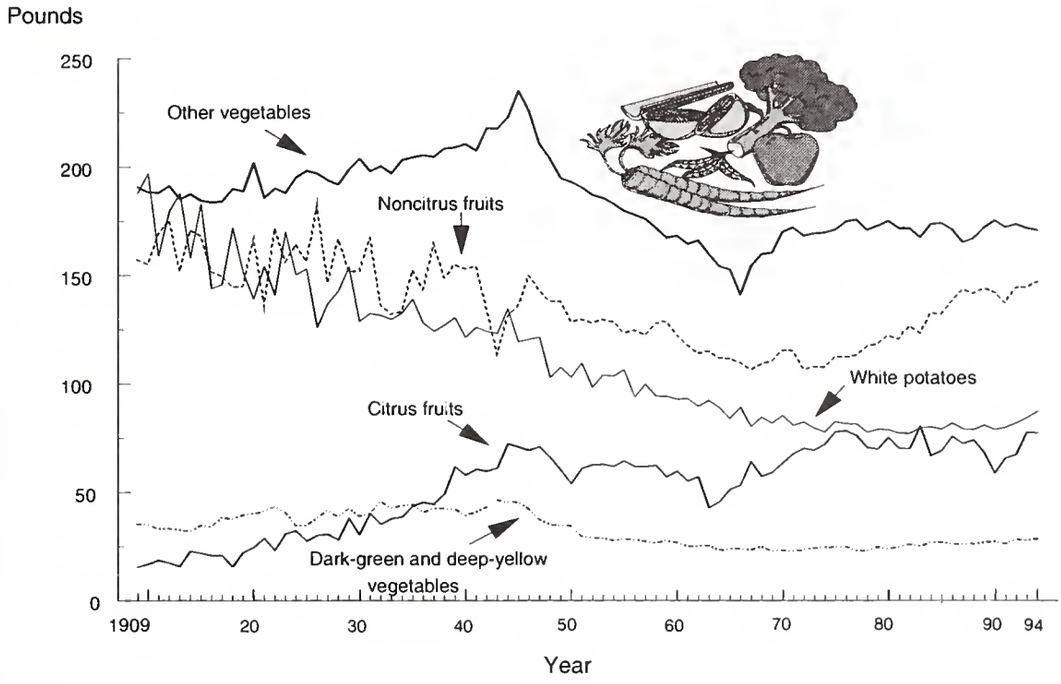
Grain products (such as breads, cereals, rice, and pasta) provide complex carbohydrates, which are important sources of energy. They also provide vitamins, minerals, and fiber. Federal dietary guidance currently recommends a diet with plenty of grain products that is high in complex carbohydrates and suggests 6 to 11 servings of these foods a day. In more recent years, supplies of flour, cereal products, pasta, and rice have expanded due to consumer demand for a healthier diet. This has resulted in increased contributions to food energy and carbohydrate from these commodities.

Early in this century, grain products contributed two-fifths of the food energy, almost three-fifths of the carbohydrate, and one-third of the protein in the food supply. In 1909, the per capita carbohydrate level was at its peak at 500 grams. A drop in use of grain products in the 1960's was responsible for diminishing levels of carbohydrate in the food supply. Since that time, the use of grain products, particularly rice and wheat products, has been on the rise. In 1994, grain products contributed one-fourth of the food energy and protein and two-fifths of the carbohydrate in the food supply. In fact, in 1994, the per capita carbohydrate level of 491 grams was only slightly less than that in 1909, with grain products its major contributor.

Since the 1940's, levels of thiamin, riboflavin, niacin, and iron in the food supply are higher due to the Federal enrichment policy for grain products and higher still in the 1990's because of the increased grain consumption in recent years. For example, in 1994, grain products contributed over one-half of the thiamin and iron, almost one-third of the riboflavin and two-fifths of the niacin in the food supply.

Grain products also make important contributions to per capita levels of vitamin B_6, folate, phosphorus, magnesium, zinc, copper, and potassium. Although these contributions were generally less in 1994 than in 1909, they were still substantial for many nutrients, providing over one-fifth the folate, phosphorus, and copper, over one-fourth the magnesium, and slightly less than one-fifth the zinc in the food supply.

Figure 5. U.S. Food Supply: Fruits and Vegetables, per Capita per Year

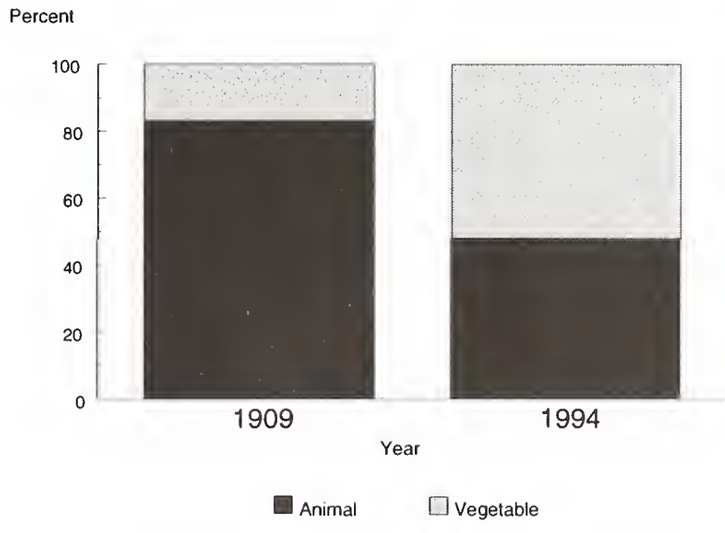


The major reason for an overall decrease in the use of fresh vegetables has been the marked decline—by almost one-half—in the use of fresh white potatoes (see White Potato box). In 1909, fresh white potatoes provided 188 pounds per capita; in 1994, this value was at 87 pounds per capita. This decline has been slightly offset by increases in per capita consumption of some fresh commercial vegetables, such as bell peppers, onions, and broccoli in recent years.

Fruit use has increased from 173 pounds per capita in 1909 to 224 pounds per capita in 1994. During this time, the use of citrus fruits and juices were major contributors to this increase. Since the mid-1970's, the use of noncitrus fruits and melons has generally increased, with the 1994 quantity the highest since the late 1930's. Overall, increased fruit availability is related to increases in juice consumption and the introduction of a greater variety of fruits, including exotic fruits, into the food supply (fig. 5).

Total fats and oils have increased from 41 pounds per capita in 1909 to 70 pounds per capita in 1994. However, a shift has occurred from the use of animal sources. The share from animal souces, such as lard and butter, has declined from 83 percent in 1909 to 48 percent in 1994. Use of vegetable oils, such as margarine, shortening, and oils increased substantially over the same period (fig. 6).

Figure 6. Types of Fat in the U.S. Food Supply



White Potato Trends

The white potato is probably the most important and valuable of vegetables in the world. It is an extremely versatile vegetable that is found in a wide variety of forms. The potato is a nutrient-dense food. Relatively low in calories and sodium per serving, the white potato is an important source of complex carbohydrates, vitamin C, vitamin B_6, folate, potassium, and copper.

Although an important food in American diets at the beginning of this century, the use of fresh white potatoes has declined steadily since World War II (fig. a). Contributing factors were the introduction of canned and frozen forms after the War and the decreased use in white potatoes overall.

Since 1960, the use of various forms of processed potatoes has been on the rise. The per capita use of fresh potatoes declined by 40 percent from 1960 to 1994, as consumption of frozen potatoes increased from 2.7 pounds to 29 pounds per person during the same period (fig. b). Use of frozen potatoes (on a farm-weight basis) surpassed fresh market use for the first time in 1990 (*36*). Currently, frozen french fries and processed potatoes (such as chips, shoestrings, and dehydrated potatoes) and other products require about one-half of the potatoes produced.

The decrease in the quantity of fresh white potatoes and the increase in processed potato products, particularly since 1960, have altered the nutrient contributions from white potatoes to the U.S. food supply (fig. c). For example, in 1909, white potatoes were an important source of vitamin C and vitamin B_6, providing more than 33 percent and 21 percent, respectively, of the total supply. By 1960, these contributions had decreased to 20 percent from vitamin C and 17 percent from vitamin B_6. The share of these vitamins from white potatoes continued to decline over the next three decades. In 1994, white potatoes provided 16 percent of the vitamin C and 13 percent of the vitamin B_6 to the food supply.

White potatoes also made substantial contributions to iron, magnesium, copper, and potassium levels of the food supply in the early years of this century, providing 10 percent of the iron and magnesium, 24 percent of the copper, and 25 percent of the potassium to the total food supply in 1909. By 1960, these contributions had dropped considerably to 6 percent of the iron, 7 percent of the magnesium, 13 percent of the copper, and 15 percent of the phosphorus. In 1994, the nutrient contributions from white potatoes had decreased by about 50 percent from levels in 1909 for each of these minerals.

White potato use has risen somewhat since 1990 due to the increased use of processed forms, especially, frozen french fries. This increase results in a less nutrient dense mix of potato that is higher in fat and lower in complex carbohydrates and many important vitamins and minerals.

Figure a. White Potatoes in the U.S. Food Supply, 1909-94

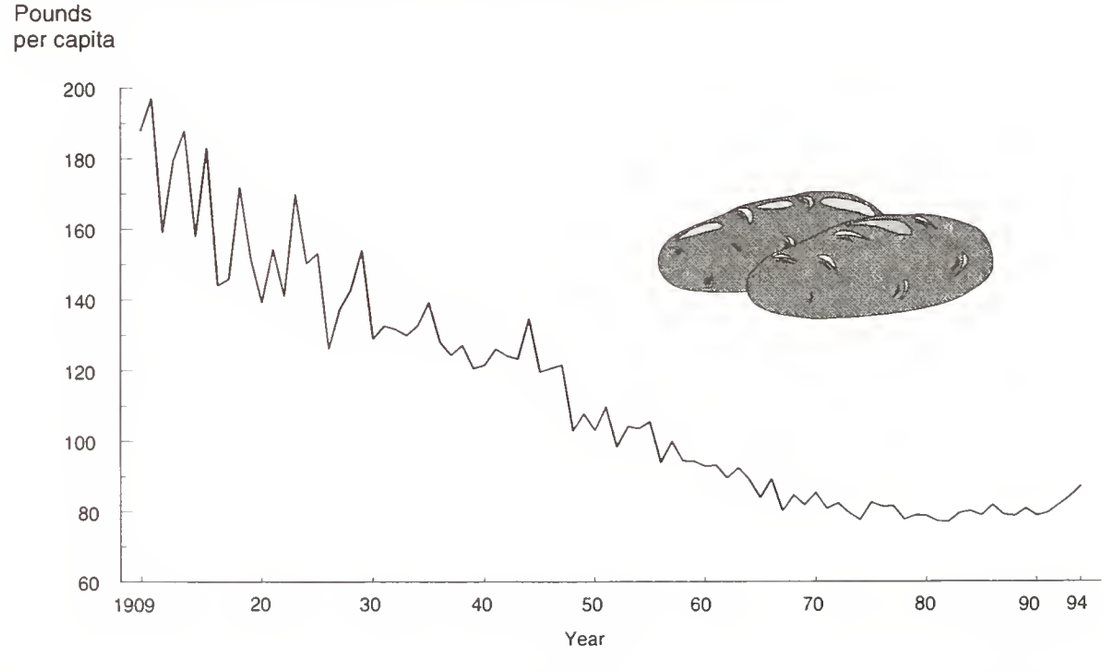


Figure b. Trends in Potato Use in the U.S. Food Supply, 1909-94

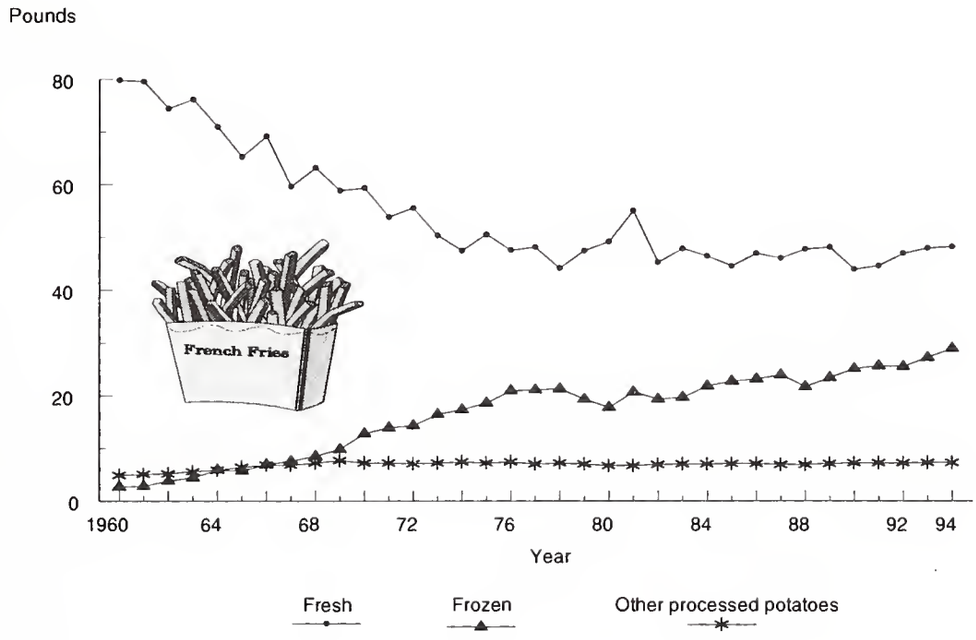


Figure c. Nutrient Contributions From White Potatoes in the U.S. Food Supply, 1909, 1960, and 1994

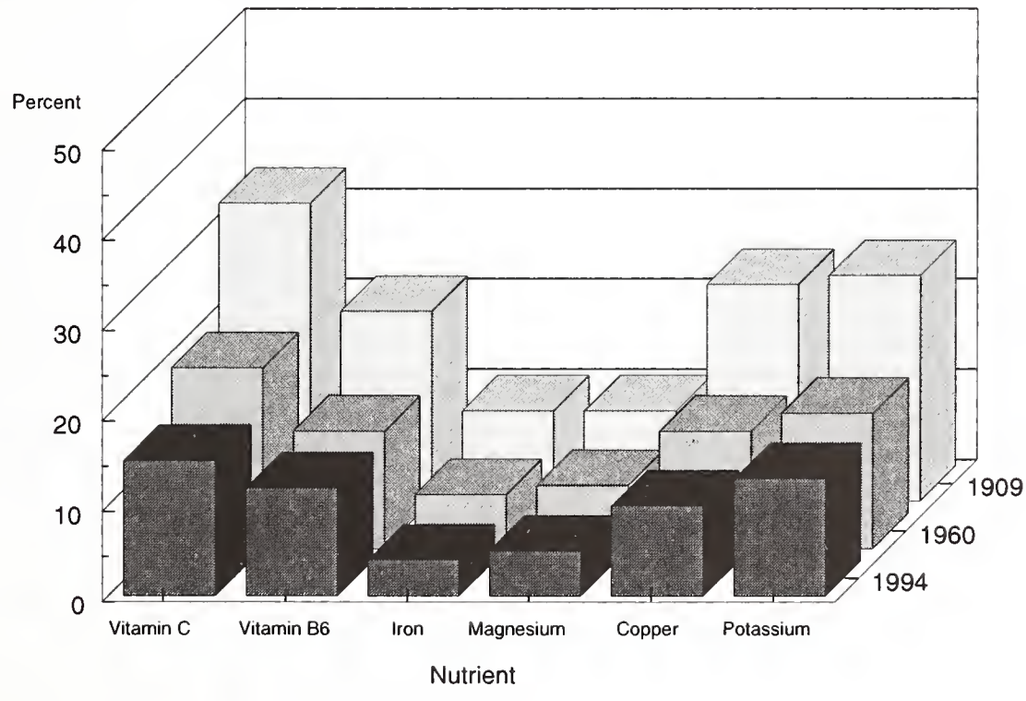
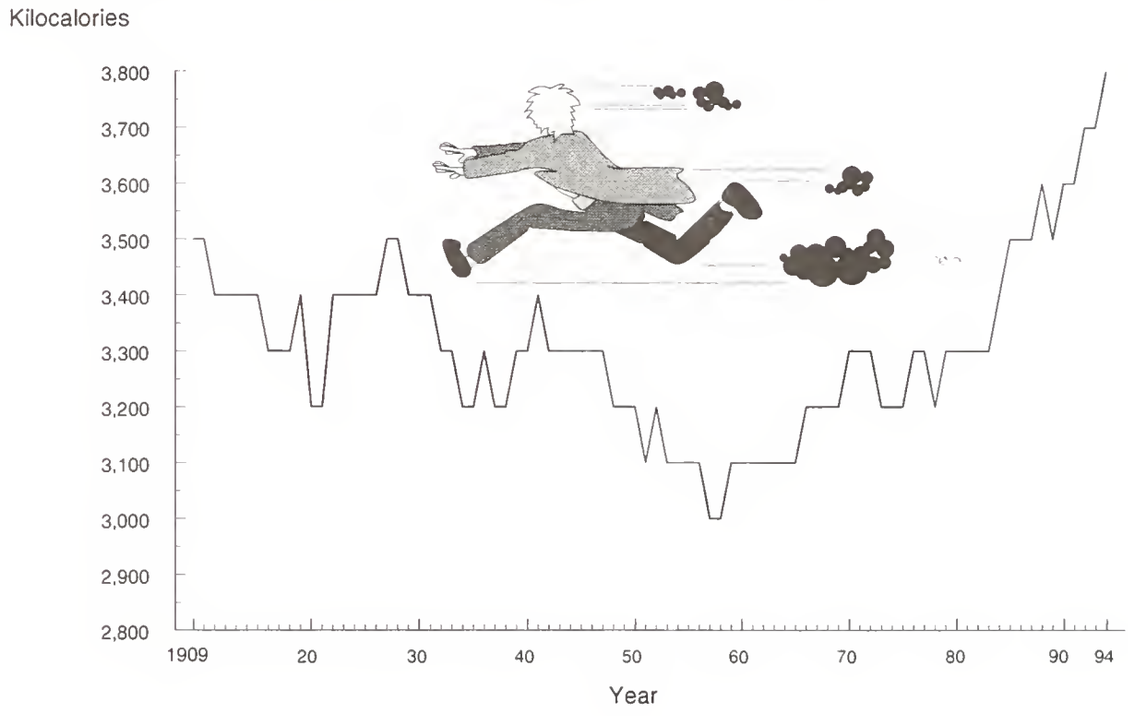


Figure 7. Food Energy in the U.S. Food Supply, per Capita per Year



Food Energy

Over the period covered in this report, per capita energy levels have been as low as 3,000 kilocalories and as high as 3,800 kilocalories per capita per day (table 2, fig. 7). In 1909, the energy level was 3,500 kilocalories. Energy levels decreased until they reached a low of 3,000 kilocalories during the late 1950's. Since then, energy levels have increased to the high of 3,800 kilocalories per capita per day in 1994 (fig. 7).

Three macronutrients—carbohydrate, protein, and fat—can be converted to energy (fig. 8). The energy contribution from carbohydrate decreased from 57 percent in 1909 to 52 percent in 1994. Protein levels in the food supply have consistently accounted for about 12 percent of the total energy since 1909. The contribution from fat has increased from 32 percent in 1909 to 38 percent in 1994.

Although various food groups have fluctuated in their contribution to the food energy in the food supply, grain products have clearly provided a major share since 1909. In 1994, they provided 25 percent of the total kilocalories available. Fats and oils ranked second, providing 20 percent of the kilocalories; followed by sugars and sweeteners at 18 percent and the meat, poultry, and fish group at 14 percent (fig. 9).

Figure 8. Macronutrient Sources of Food Energy in the U.S. Food Supply

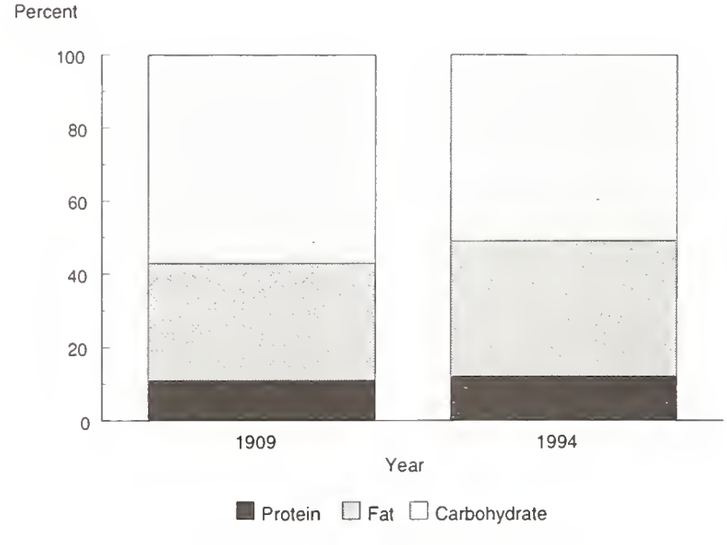


Figure 9. Sources of Food Energy in the U.S. Food Supply

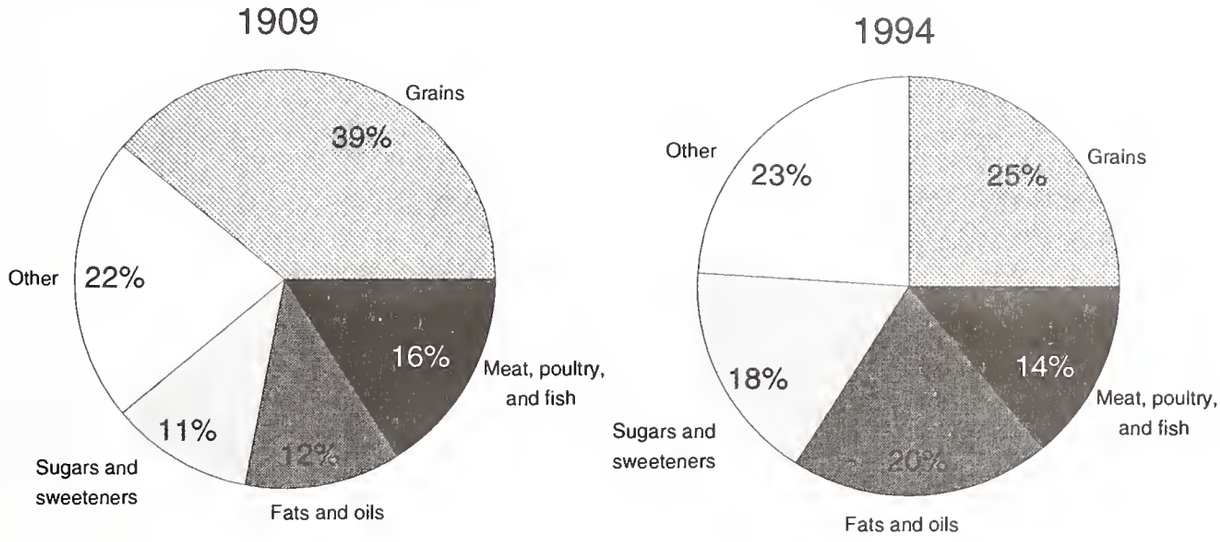
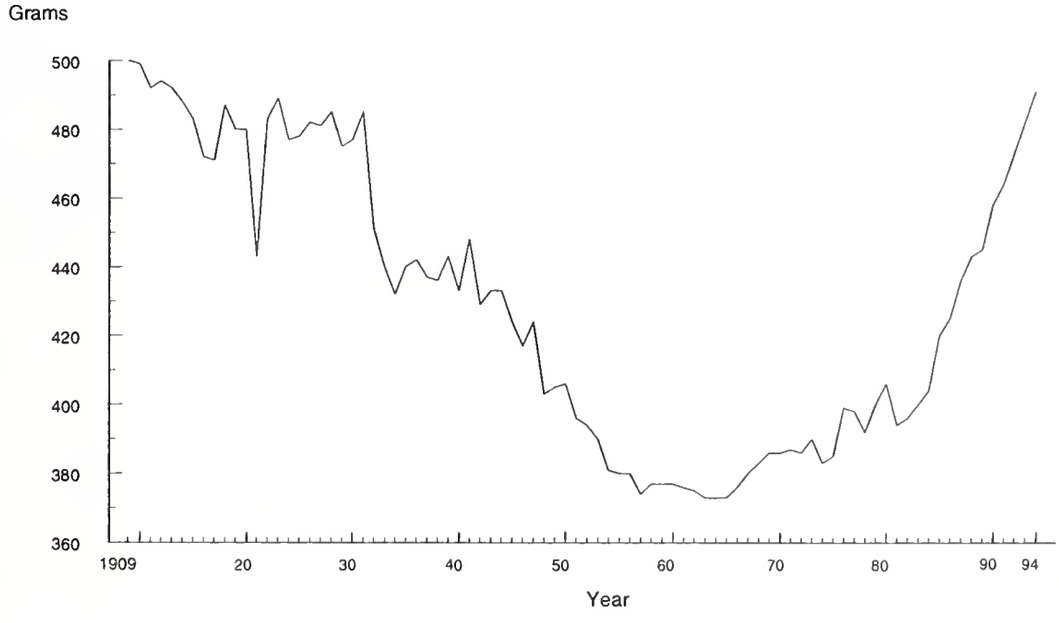


Figure 10. Carbohydrate in the U.S. Food Supply, per Capita per Day



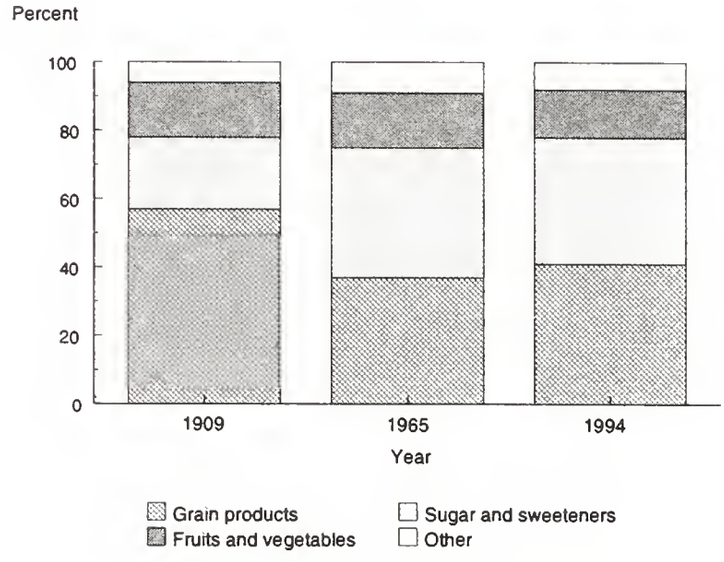
Carbohydrate

The level of carbohydrate present in the food supply steadily decreased from 500 grams per capita per day in 1909 to 373 grams between 1963 and 1965, its lowest level (fig. 10). The drop in use of grain products and white potatoes was chiefly responsible for this decline in carbohydrate levels. Since 1965, carbohydrate levels have increased. Between 1980 and 1994, carbohydrate levels rose by 21 percent, from 406 grams to 491 grams, due to an increase in the use of grain products and sweeteners.

Foods derived from plant sources have always contributed most of the carbohydrate available for consumption. Two food groups in particular, grain products and sugars and sweeteners, have been the major sources throughout the years.

In 1909, grain products provided the greatest percentage of carbohydrate in the food supply, about 57 percent, followed by sugars and sweeteners with 21 percent and fruits and vegetables collectively contributing 16 percent. During the mid-1960's, when carbohydrate levels were their lowest, the share from grain products dropped to 37 percent, while that from sugars and sweeteners increased to 38 percent. By 1994, grain products increased their contribution to 41 percent, while sugars and sweeteners remained at a level similar to that in the mid-1960's. In 1994, contributions from fruits and vegetables collectively were slightly less than in 1909 (fig. 11).

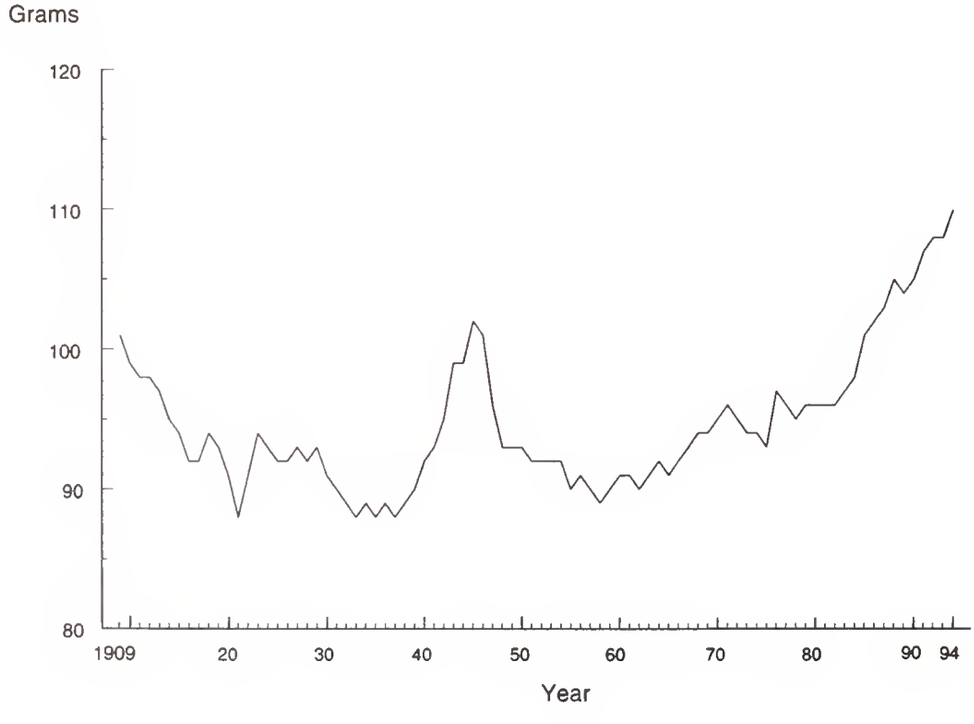
Figure 11. Sources of Carbohydrate in the U.S. Food Supply



Protein

The level of protein in the food supply was higher in 1994, 110 grams, than in 1909, 101 grams. Levels dropped in the early 1920's and fluctuated slightly throughout that decade. The level of protein was lowest, 86 grams, during the mid-1930's. Just after World War II, 1945-46, protein levels spiked to levels similar to those in 1909. However, by 1950, levels declined and remained at pre-depression levels throughout the 1960's. Since 1970, levels have primarily increased, reaching the highest level in 1994 (fig. 12).

Figure 12. Protein in the U.S. Food Supply, per Capita per Day



Considerable change has occurred in protein sources since 1909. In 1994, animal sources contributed about 62 percent of the total protein, whereas at the beginning of the century, animal and vegetable sources contributed about equal shares (fig. 13).

Grain products provided 37 percent of the protein in the food supply in 1909. This share has fluctuated over the series, with lowest levels in the 1970's. Since the 1940's, grain products have been replaced by the meat, poultry, and fish group as the primary source of protein to the food supply. In 1994, the meat, poultry, and fish group contributed 39 percent and grain products 24 percent of the protein in the food supply. Within the meat, poultry, and fish group, red meat has consistently provided the greatest share of protein. However, since 1971, red meat's contribution has primarily decreased. Poultry, on the other hand, has gained in its contribution to protein. Beginning at roughly 3 percent in 1909, it increased over fourfold to 13 percent by 1994 (fig. 14, table 7).

Historically, dairy products have supplied a significant percentage of protein in the U.S. food supply. The largest contribution of protein from this group occurred in the 1950's at 23 percent. Since then, dairy products represent about one-fifth of the protein in the food supply. This decline

Figure 13. Types of Protein in the U.S. Food Supply

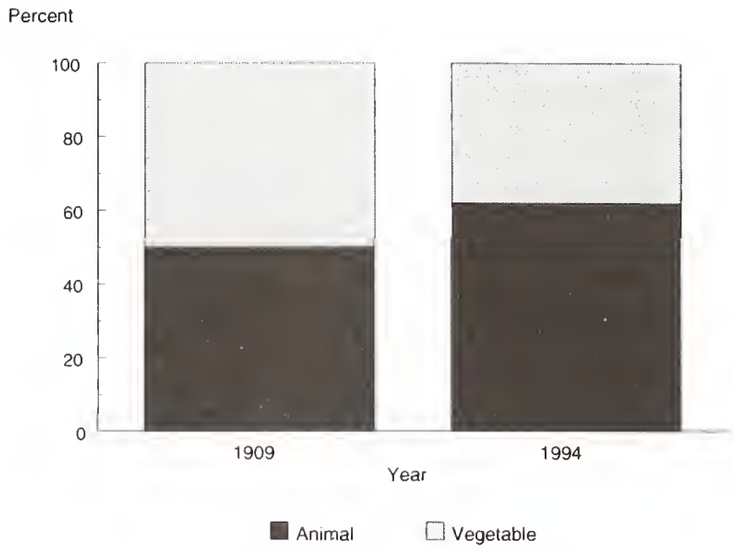
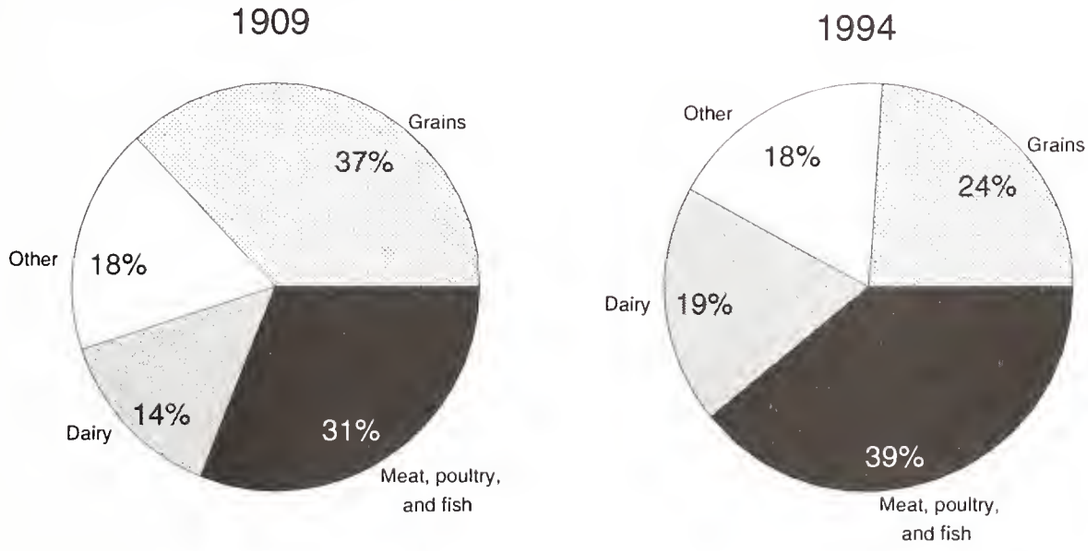


Figure 14. Sources of Protein in the U.S. Food Supply



reflects a decrease in the use of fluid milks and the changing trends for individual milk and milk products over time. Whole milk remained a relatively stable source of protein from 1909 through the 1960's; then its use began to decline. At that time, the use of lowfat milk, yogurt, and hard cheeses began to increase and continues to do so in the 1990's (table 7).

Fat

Estimates of the fat content in the food supply include visible fats, such as lard, margarine, and oils, and invisible fats (distinguished from the fats and oils food group) present in dairy, meat, and baked products. Fat levels in the food supply increased 29 percent between 1909 and 1990, from 123 to 159 grams per capita per day (table 2).

Total fat contributions from red meat have generally declined throughout the series. In the early years, red meat contributed about one-third of the fat; however, by 1994, it had decreased by almost one-half. Salad oils have increased as a percentage of total fat from slightly over 2 percent in the early part of the series to over 20 percent, a tenfold increase, in 1994. Although the share of total fat from butter and lard has decreased, it is not enough to offset that associated with increased use of salad oils. Thus, the share of total fat from this group has gradually increased from nearly two-fifths in 1909 to over one-half in 1994 (table 8).

The increase in total fats and oils, especially in the last two and a half decades, probably results from the greatly expanded use of fried foods by the fast-food industry and in food service outlets and the increased use of salad oils on salads consumed both at home and away *(35)*.

While food supply estimates reflect trends in the use of fats and oils for human food, they have never accurately measured the amount of food eaten because the portion of food wasted or discarded is difficult to determine. With the growth of the fast food industry in the past two decades, it has become even more difficult to estimate the waste portion or discard of deep-frying fats. Since this discard is not available for human consumption, these estimates are limited as indicators of actual intake. A 1993 study estimated about 50 percent or more of deep-frying fat used in food service operations is discarded after use and is not available for consumption *(17)*. Reliable estimates of total fats and oils are difficult to determine partly because the actual amount of frying fat discarded by food service operations, particularly fast-food restaurants, varies with the type of establishment *(9)*.

In the 1990's, many fast-food chains began to change from using solid and partially hydrogenated vegetable frying fats to using liquid vegetable fats and oils *(16,23)*. Hydrogenation imparts certain functional properties needed in products, such as product stability, extended shelf life, and lengthened utility. However, hydrogenation results in *trans* fatty acids, which may pose a health concern. Some studies have concluded that *trans* fatty acids formed during the partial hydrogenation of liquid vegetable oil may adversely affect serum lipid levels *(18)*, whereas other studies do not confirm disease risks *(19,24)*.

In the past decade, hydrogenation has been used less for salad and cooking oils. Improvements in processing techniques minimize oxidation, and consumers prefer to use soft, reduced-fat spreads over full-fat spreads *(16)*. Because these products are lower in *trans* fatty acids, they reduce the amount in the food supply from spreads and from fast food. Also, use of these foods helps to reduce the intake of dietary fats higher in saturated fat and cholesterol. Thus, the amount of *trans* fatty acids in the diet has remained relatively constant over the past few decades because the increase in vegetable fat consumption has been counterbalanced by a decrease in the *trans* fatty acids content of many products made with vegetable fat *(2)*.

It is difficult, at this time, given presently available fatty acid data to estimate accurately the impact of altered fatty acids from hydrogenation to the food supply. The PDS has nutrient information only on total, not individual, fatty acids. Additionally, food disappearance and availability data upon which fatty acid estimates are based provide incomplete information about the consumption of *trans* fatty acids because much of the hydrogenated fat used for frying is discarded after use *(2)*.

Fatty Acids

Changes in the levels and sources of fat in the food supply have affected the per capita estimates of saturated, monounsaturated, and polyunsaturated fatty acids (table 2).

Saturated Fatty Acids.—The absolute level of per capita saturated fatty acids decreased from 57 grams in 1909 to 52 grams in 1994 and accounted for a smaller share of total fat in 1994, 33 percent, than in 1909, 46 percent. In 1909, the fats and oils group and meat, poultry, and fish group contributed nearly equal percentages of saturated fatty acids (37 and 38 percent, respectively) (fig. 15). Dairy products provided most of the remainder, with one-fifth of the saturated fat. In 1994, the fats and oils group led as the source of saturated fat, providing 41 percent. The contribution from the meat, poultry, and fish group has steadily declined, providing about 26 percent, while the dairy products group increased its share to 24 percent in 1994.

Monounsaturated Fatty Acids.—Although the amount of monounsaturated fatty acids increased by more than one-third from 1909 to 1994, their share of total fat remains constant in 1994 as in 1909, about two-fifths. The meat, poultry, and fish group and the fats and oils group each provided similar shares of monounsaturated fatty acids in 1909, about two-fifths. However, in 1994, the fats and oils group contributed a greater share of monounsaturated fat to the food supply than did the meat, poultry, and fish group, reflecting the greater use of vegetable fats (fig. 16).

Figure 15. Sources of Saturated Fatty Acids in the U.S. Food Supply

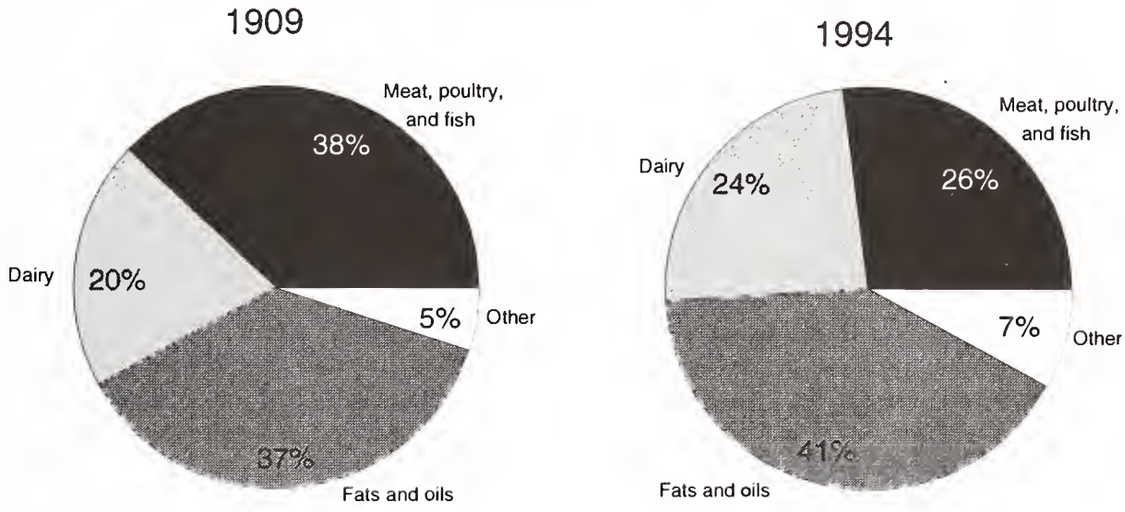
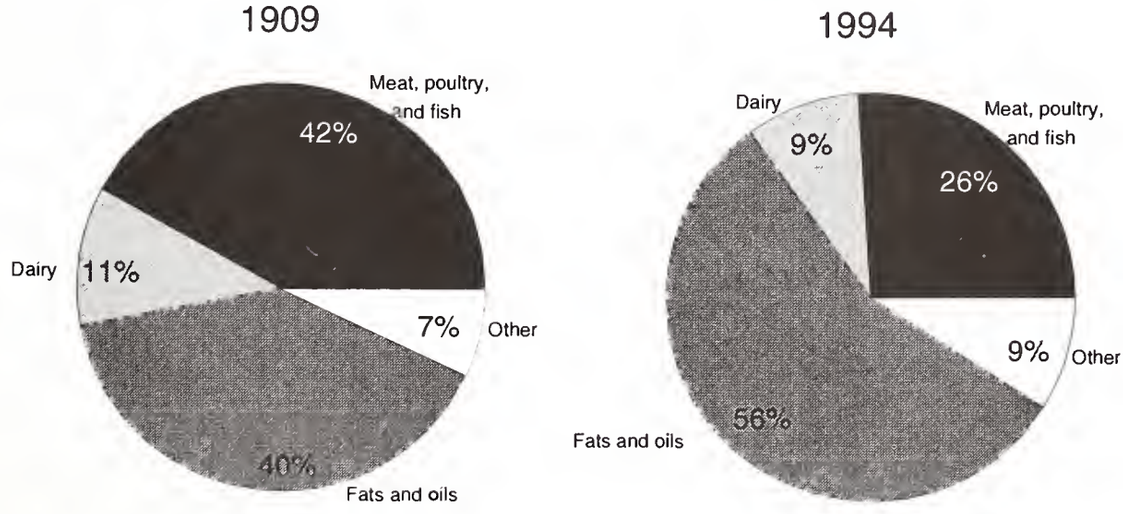
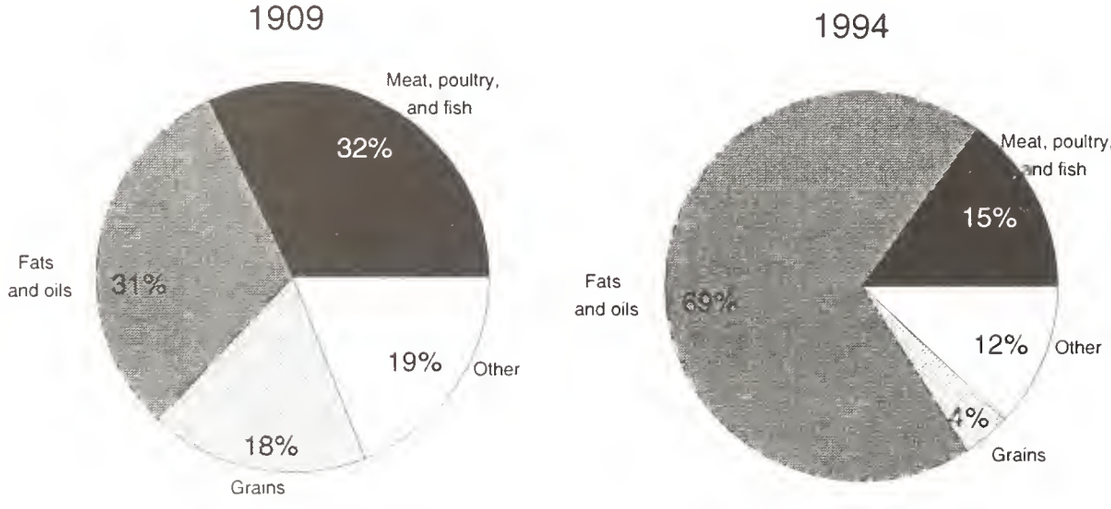


Figure 16. Sources of Monounsaturated Fatty Acids in the U.S. Food Supply



Polyunsaturated Fatty Acids.—The absolute level of polyunsaturated fatty acids increased nearly two and a half times from 13 grams in 1909 to 31 grams in 1994. Polyunsaturated fatty acids accounted for about 31 percent of the total fat in 1994, compared with 10 percent in 1909. The meat, poultry, and fish group and the fats and oils group each contributed about one-third, and the grain products less than one-fifth, of the polyunsaturated fatty acids in 1909 (fig. 17). Since then, the share provided by the fats and oils group steadily increased, more than doubling the level of 1909 in 1994. Contributions from the meat, poultry, and fish group decreased by more than one-half and those from the grain group have decreased by more than three-fourths in 1994 as compared with 1909.

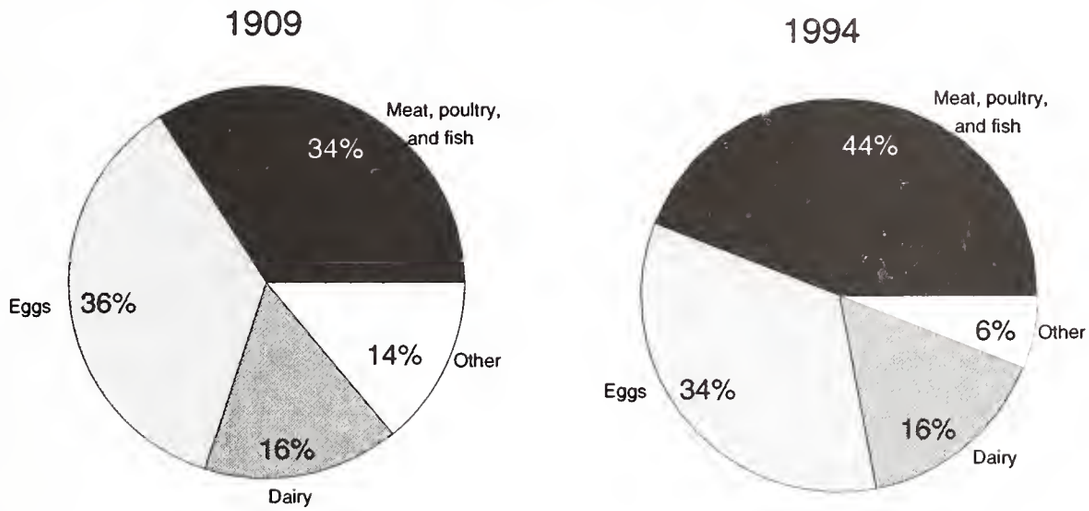
Figure 17. Sources of Polyunsaturated Fatty Acids in the U.S. Food Supply



Cholesterol

Dietary cholesterol decreased 10 percent between 1909 and 1994, from 454 to 410 mg per capita per day. The peak level of 530 mg occurred at the end of World War II when use of eggs and dairy products was high (table 2). Eggs and the meat, poultry, and fish group provided similar shares of cholesterol in 1909, 36 and 34 percent, respectively (fig. 18). However, eggs ranked as the primary source of cholesterol, especially during the 1950's when its share peaked at 44 percent. Since then, the share of cholesterol from eggs has experienced a general downward trend, reaching its lowest point, 34 percent, in 1994. Since the early 1970's, the cholesterol share from meat, poultry, and fish has continued to increase and in 1994, was 44 percent (table 12). Although no single food in this group contributes more than eggs, the group as a whole represents a significant share of available cholesterol. The share from dairy products has remained relatively stable at 16 percent from 1909 to 1994, with slight fluctuations over the series. However, shifts have occurred in product use within the dairy group with less whole milk and cream and more lowfat milks, yogurt, and cheese as contributors from 1909 to 1994.

Figure 18. Sources of Cholesterol in the U.S. Food Supply



Vitamins

Vitamins are organic compounds essential for specific metabolic reactions that cannot be synthesized by human tissue cells from simple metabolites. Many act as coenzymes or as parts of enzymes responsible for essential chemical reactions associated with functional or health outcomes.

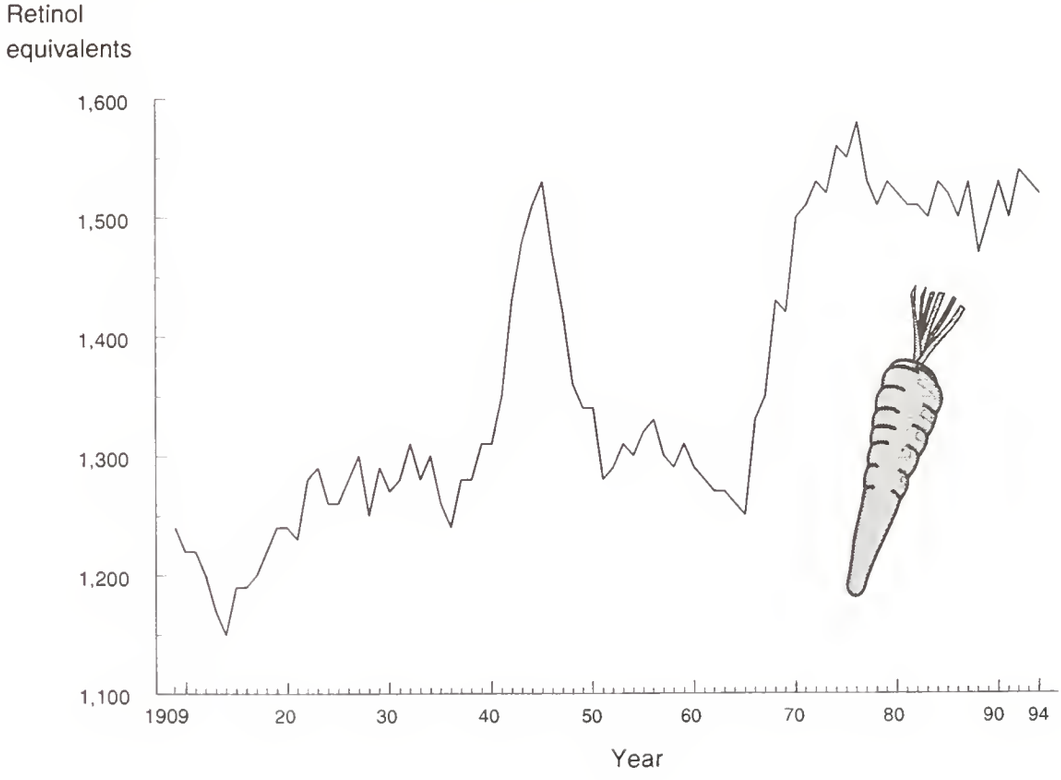
Food supply data include vitamins A, C, and E, thiamin, riboflavin, niacin, vitamin B_6 and B_{12}, and folate.[11] In general, per capita levels of these nutrients exceed the RDA (table 1) for a healthful diet by a generous margin. However, these levels represent averages for the total population and do not account for specific dietary specific needs or dietary selection of individuals.

Vitamin A, Carotenes.—Vitamin A is essential for vision, growth, bone development, development and maintenance of epithelial tissue, the integrity of the immune system, and reproduction. Vitamin A occurs in different forms. Preformed retinoids with vitamin A activity are usually found in animal foods. Vegetable foods also have vitamin A activity because they contain carotenoids. Beta-carotene is the most active of these carotenoids. Both preformed retinoids and carotenoids are converted to retinol in the body. Retinol equivalents (RE) are used to calculate the vitamin A value of foods, as they allow the summation of preformed vitamin A and carotenoids that occur in foods in different proportions and have different levels of biologic activity.

Total vitamin A increased from 1,240 µg RE per capita per day in 1909 to 1,520 µg per capita per day in 1994 (fig. 19). Levels of vitamin A were highest, 1,580 µg RE, in 1976. Carotenes also increased from 440 µg RE to 660 µg RE between 1909 and 1994 (table 3). These gains are due chiefly to the development in the mid-1960's of new varieties of deep-yellow vegetables, such as carrots and squash, and to the increased availability of dark-green vegetables, such as broccoli. Fortification of margarine with vitamin A since 1944-45 has also contributed to the higher levels of vitamin A.

[11] Food supply data represent vitamins for which food composition data are available.

Figure 19. Vitamin A in the U.S. Food Supply, per Capita per Day



In the early part of this century, the meat, poultry, and fish group was the leading source of vitamin A, providing 34 percent (fig. 20). Organ meats accounted for most of the vitamin A from this group. With the decline in human use of organ meats, the share contributed by the meat, poultry, and fish group decreased to 21 percent in 1994. The popularity of vegetable "home" gardens during the World War II years increased the share of vitamin A provided by the vegetable group from 26 percent in 1909 to nearly 30 percent in the 1940's. The vegetable group became the leading source of vitamin A in the early 1970's with the increased contribution of carotenes from dark-green and deep-yellow vegetables (tables 13 and 14). Vegetables provided more than one-third of the total vitamin A and almost two-thirds of carotenes in 1994, with dark-green and deep-yellow types accounting for most of the vegetable portion (figs. 20 and 21). Vitamin A contributions from the fats and oils group are similar for 1909 and 1994; however, they have fluctuated over the series, with lowest contributions occurring during World War II (figs. 20 and 21, table 13).

Vitamin E.—Vitamin E acts primarily as an antioxidant at the cellular level to prevent the peroxidation of polyunsaturated fatty acids. The level of vitamin E was 16.9 mg alpha TE per capita per day in 1994, up from 7.3 mg alpha TE per capita per day in 1909. The peak level, 17.6 mg alpha TE, occurred in 1993 (table 3). Higher levels are due primarily to increased use of vegetable oils for salads and cooking and, to a lesser extent, use of margarine and shortening.

The fats and oils group is by far the largest contributor to vitamin E in the food supply (fig. 22). In 1909, this group contributed 34 percent of vitamin E to the food supply, followed by grain products at 19 percent and vegetables at 11 percent. By 1994, the fats and oils group increased its contribution to 68 percent of the vitamin E. Contributions from grain products and vegetables dropped to 5 and 7 percent, respectively, in 1994.

Vitamin C.—Vitamin C has multiple functions but is best known as the antiscorbutic vitamin. It also is important in immune responses, wound healing and allergic reactions (*25*). The level of vitamin C in 1994 was 124 mg per capita per day, the peak level for the series (table 3). This level is 27 percent higher than the level of 98 mg in 1909. In 1945-46, vitamin C levels were also high, at 120 mg per capita per day, due to the popularity of home-grown vegetable gardens during World War II. Levels declined from the mid-1940's until the mid-1960's with the lowest level, 87 mg per capita per day, in 1964. This low level resulted from decreases in

Figure 20. Sources of Vitamin A in the U.S. Food Supply

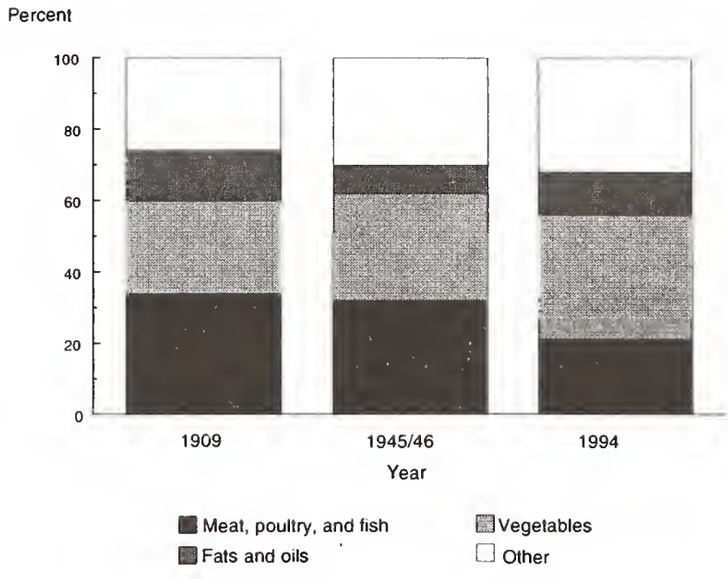


Figure 21. Sources of Carotenes in the U.S. Food Supply

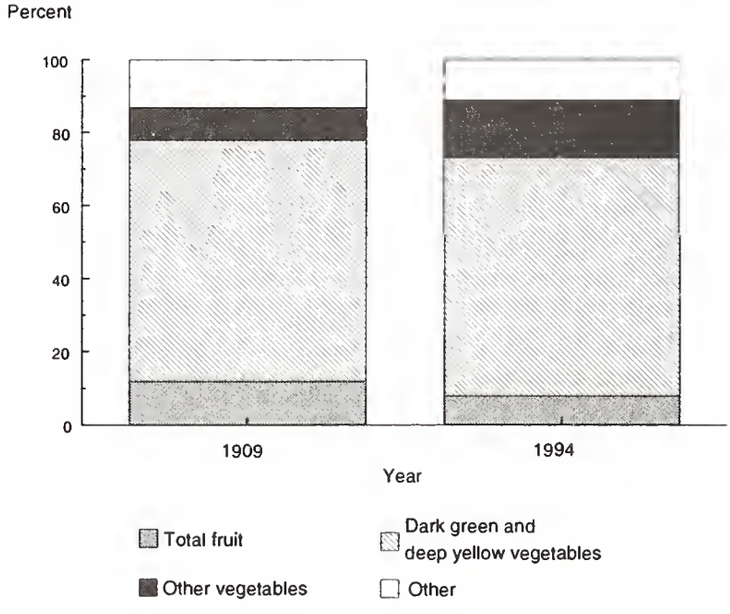
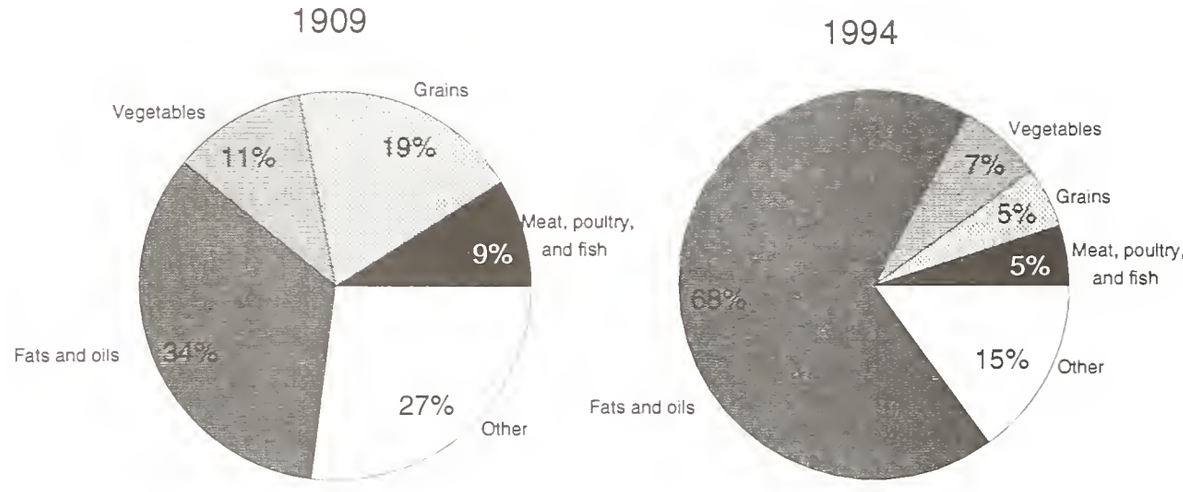


Figure 22. Sources of Vitamin E in the U.S. Food Supply

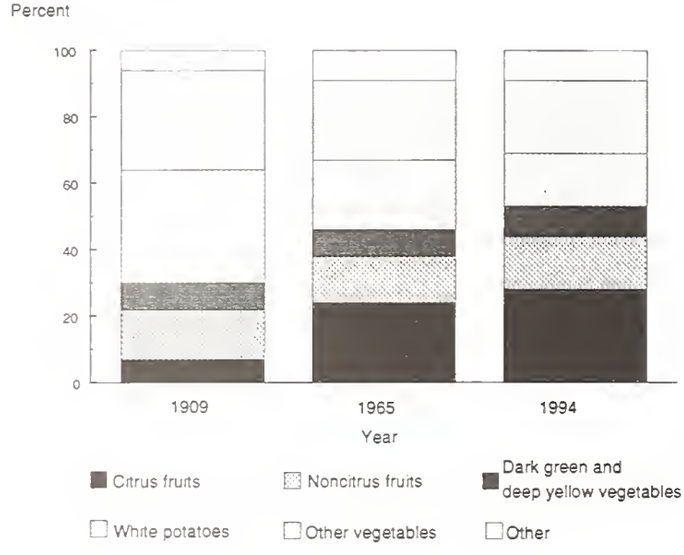


the overall use of fruits and vegetables, especially citrus fruits. Vitamin C availability has generally increased since the mid-1960's because of the better quality, increased variety, and year-round availability of many fresh fruits and vegetables.

The fruit and vegetable share of total vitamin C in the food supply has ranged from 89 to 94 percent over the years (tables 3 and 15). Although this percentage has remained relatively constant, shifts have occurred in the types of vegetables and fruits providing vitamin C. For example, early in this century, white potatoes was an important source, providing slightly more than one-third; by 1994, its share was halved. Citrus fruits provided 7 percent of the vitamin C in 1909 and 28 percent in 1994, a fourfold increase (fig. 23).

Thiamin, Riboflavin, Niacin.—These vitamins are components of essential enzyme systems involved with energy metabolism. Levels of each of these vitamins were considerably higher in 1994 than in 1909, primarily because of the enrichment of flour beginning in the early 1940's. Between 1909 and 1994, thiamin increased from 1.7 to 2.7 mg; riboflavin, from 1.9 to 2.6 mg; and niacin,[12] from 19 to 29 mg (table 3). These higher levels virtually assure that these vitamins pose no public health problems to most Americans (*11*).

Figure 23. Sources of Vitamin C in the U.S. Food Supply



[12]Food composition data give only the amount of preformed nicain in food. Thus, per capita nutrient estimates refer to availability of preformed niacin in the food supply, not that formed in the metabolism of tryptophan.

Levels of these vitamins have fluctuated over time with the lowest levels in the mid-1930's (figs. 24 and 25). Vitamin levels began to increase in the early 1940's with the introduction of enriched flour but declined by the late 1940's because of a decrease in the use of grain products. Levels remained low until the late 1960's when they, particularly niacin, began to increase slowly, reflecting increased use of poultry and grain products. The continued upward trend of these vitamins since the mid-1970's was due to the increase in the enrichment standards for these vitamins in 1974 and the greater use of enriched grain products in more recent years.

Figure 24. Thiamin and Riboflavin in the U.S. Food Supply, per Capita per Day

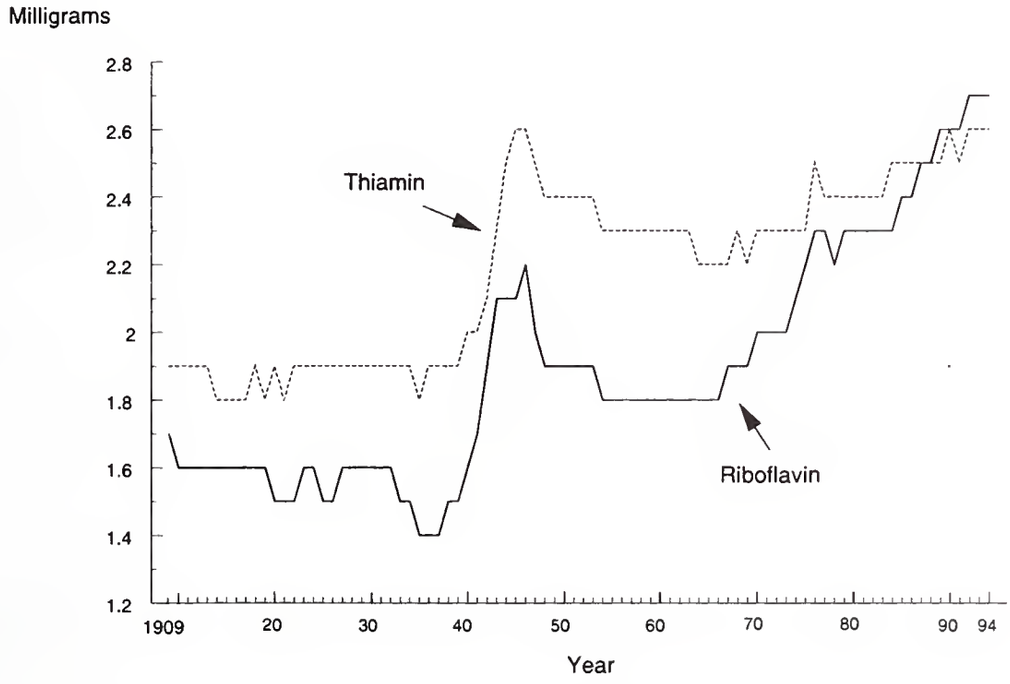
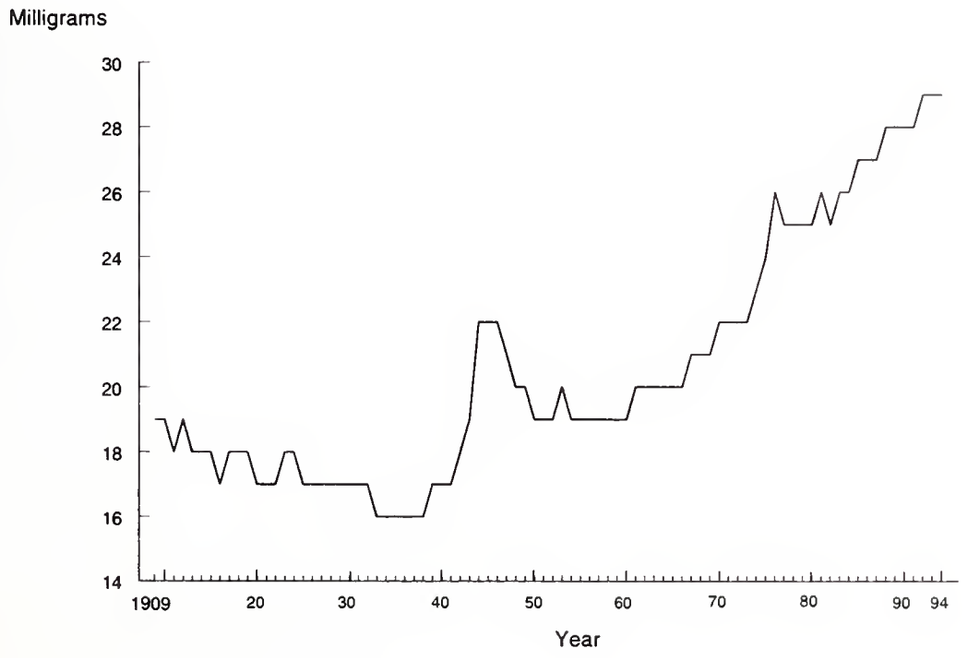


Figure 25. Niacin in the U.S. Food Supply, per Capita per Day



Although the enrichment of grain products is primarily responsible for the higher levels of these three vitamins, grain products have only been the leading source of thiamin since the early 1940's (fig. 26). Before enrichment, the meat, poultry, and fish group was the primary source of thiamin, and grain products ranked second for most of the earlier years in the series. With the introduction of enriched flour, grain products became the primary source of thiamin in the food supply, providing 38 percent of the total thiamin in the mid-1940's. In 1994, grain products accounted for 55 percent of the thiamin in the food supply, followed by the meat, poultry, and fish group at 19 percent, vegetables at 10 percent, and dairy at 6 percent.

Dairy products have been the leading source of riboflavin over time, accounting for similar shares, 34 and 31 percent, respectively, in 1909 and 1994 (fig. 27). Riboflavin levels peaked in the mid-1940's, reflecting the increased use of dairy products during World War II as well as the introduction of enriched flour. Riboflavin levels in the 1990's approach those of the war years due to the increased recent use of enriched grain products. The riboflavin share from grain products more than doubled from 1909 to 1994 to 31 percent, equaling that provided by dairy products. By contrast, the riboflavin share from the meat, poultry, and fish group has fluctuated over time, gradually decreasing from a high of 23 percent in the early part of this century to a low of 18 percent in the 1990's.

Prior to 1990, the meat, poultry, and fish group was the largest source of niacin, followed by the grain and vegetable groups (fig. 28). In 1909, the meat, poultry, and fish group accounted for 41 percent, the grain group, 29 percent, and the vegetable group, 21 percent of the niacin in the food supply. In 1994, grain products contributed the largest share of niacin in the food supply at 40 percent, followed by the meat, poultry, and fish group at 38 percent and the vegetable group at 11 percent. From 1909 to 1994, niacin contributions from vegetables decreased by one-half, reflecting decreased white and sweet potato use.

Figure 26. Sources of Thiamin in the U.S. Food Supply

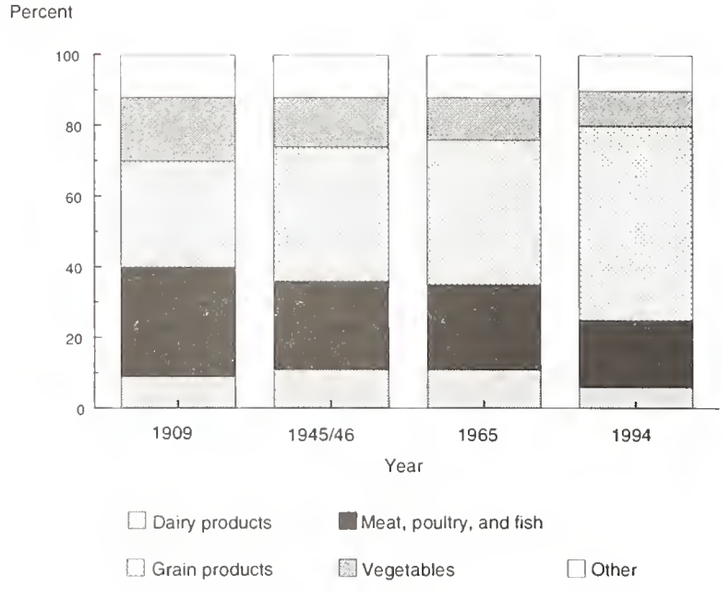


Figure 27. Sources of Riboflavin in the U.S. Food Supply

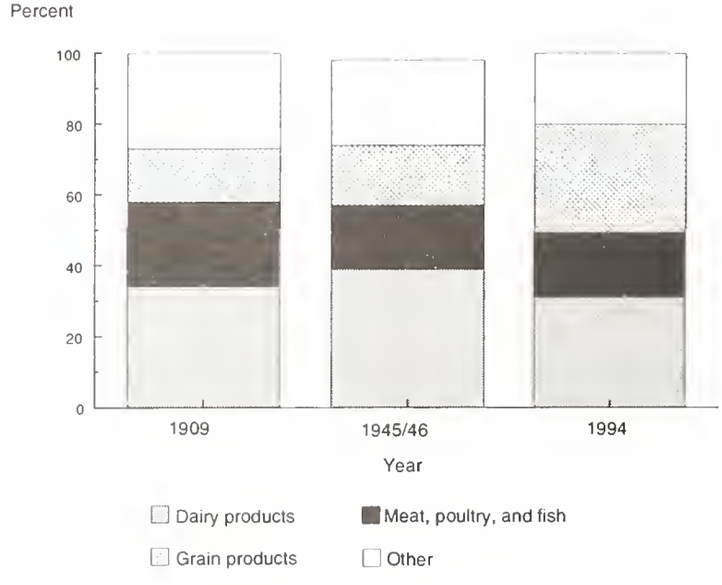
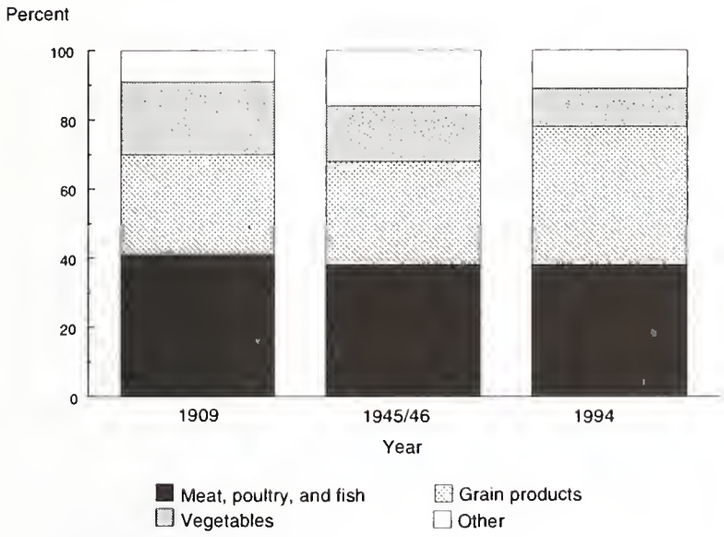


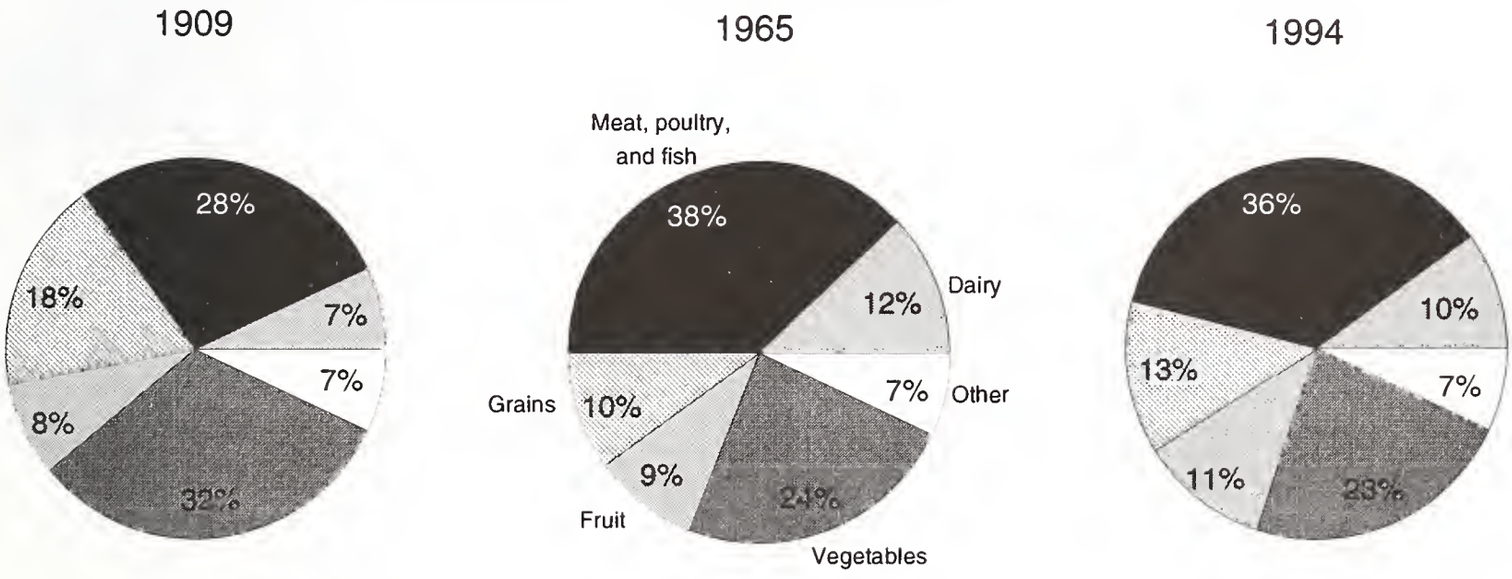
Figure 28. Sources of Niacin in the U.S. Food Supply



Vitamin B_6.—As a coenzyme, vitamin B_6 aids in the synthesis and breakdown of amino acids, fatty acid synthesis, and the conversion of tryptophan to niacin. The level of vitamin B_6 in 1994 was the same as in 1909—2.3 mg per capita per day. Levels of vitamin B_6 have varied within a fairly narrow range over the years (table 3), but shifts have occurred in the sources.

In 1909, the vegetable group provided 32 percent of the total vitamin B_6 and was the leading source of vitamin B_6 in the food supply, a lead which continued through the 1930's (fig. 29). However, since the early 1940's, the meat, poultry, and fish group has been the primary source, reflecting a greater use of beef and poultry. By 1994, the meat, poultry, and fish group contributed 36 percent of the total vitamin B_6, (compared with 28 percent in 1909). Vegetables declined in importance as a vitamin B_6 source because the use of white potatoes dropped, but vegetables still contributed 23 percent of the vitamin B_6 in 1994. In 1994, grain products, dairy products, and fruits contributed similar vitamin B_6 shares, at 13, 10, and 11 percent, respectively. Contributions for 1994 reflected a declining share from grain products but an increasing share from dairy products and fruits compared with the contributions made in 1909.

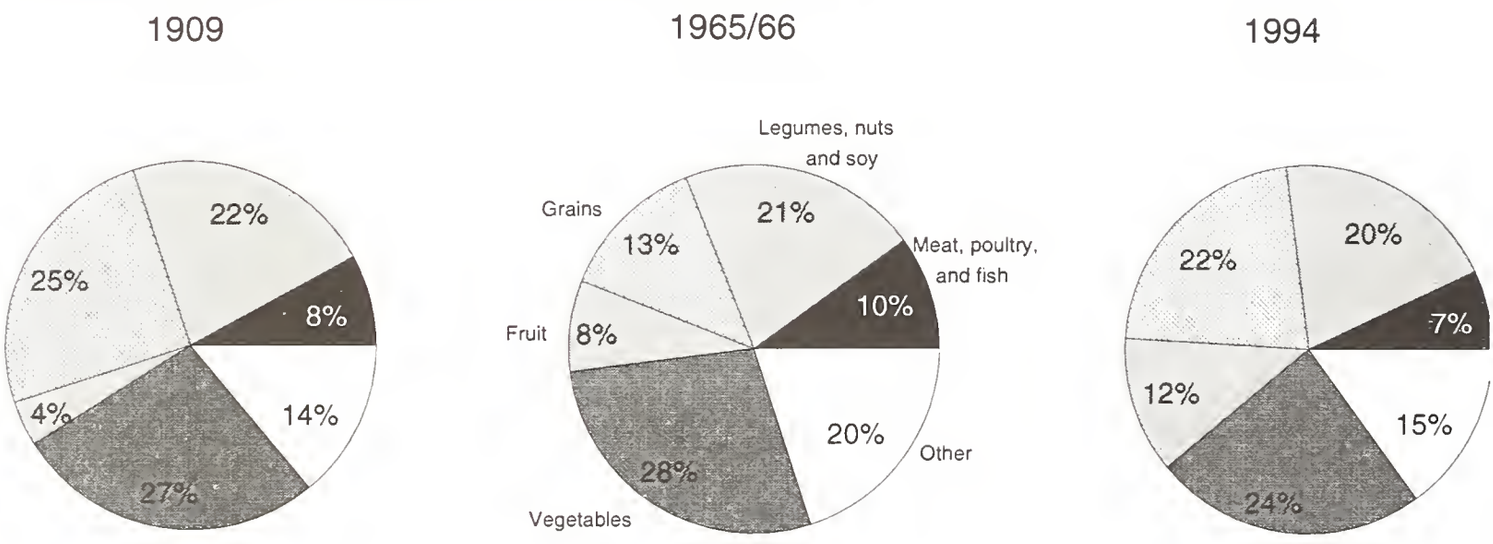
Figure 29. Sources of Vitamin B_6 in the U.S. Food Supply



Folate.—Folate functions as a coenzyme and is essential for the biosynthesis of nucleic acids and normal maturation of red blood cells. Most recently, low serum folate levels have been associated with elevated serum homocysteine, an independent risk factor for vascular disease and, during pregnancy, with the increased risk for neural-tube defects (*11*). The level of folate in 1994, 331 g per capita per day, was slightly higher than that in 1909, 322 g per capita per day, reflecting an increase in the use of citrus fruit. The lowest level, 266 g per capita per day in 1965-66, was caused by a decreased use of grain products and vegetables, mostly potatoes, whereas the highest level, 345 g in 1945, was due to increased use of produce from home gardens at the end of World War II (table 3).

Vegetables have been the leading source of folate over time, accounting for 27 percent and 24 percent in 1909 and 1994, respectively (fig. 30). In 1909, grain products also contributed 25 percent of total folate to the food supply. By the mid-1960's, folate contributions from this group dropped by almost one-half because of the decreased use of grain products. However, with the increased use of grain products since that time, folate contributions from grain in 1994 were at 22 percent, an amount slightly less than that in 1909. The legumes, nuts, and soy group has consistently provided around one-fifth of the total folate to the food supply over time. The contribution from fruits tripled between 1909 and 1994, from 4 to 12 percent, reflecting the increased use of fresh and processed citrus commodities. In 1909 and 1994, animal sources provided about one-fifth of the total folate to the food supply. The contributions from each of the animal sources were similar in 1909 and 1994, with the meat, poultry, and fish group providing 8 and 7 percent; dairy products, 6 and 7 percent; and eggs, 6 and 5 percent.

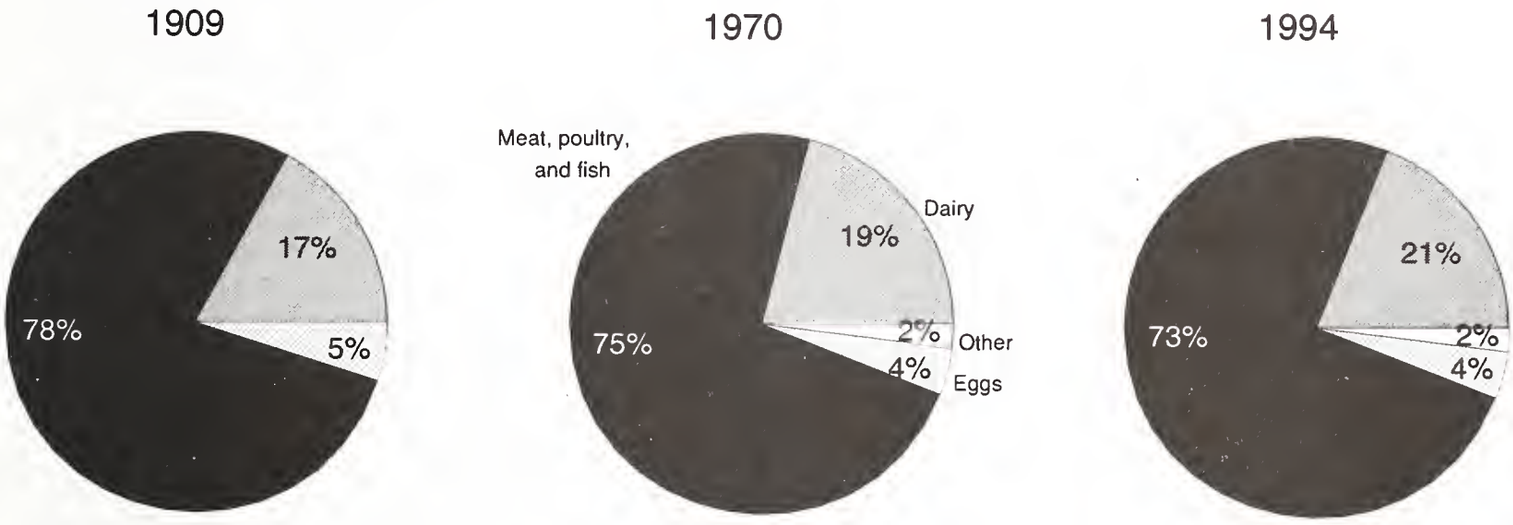
Figure 30. Sources of Folate in the U.S. Food Supply



Vitamin B_{12}.—Vitamin B_{12} is essential for normal cell metabolism, especially for cells in the gastrointestinal tract, bone marrow, and nervous tissue and is involved with folate metabolism (*25*). The level of vitamin B_{12} in the food supply was lower in 1994 at 8.1 g per capita per day than in 1909 at 8.5 g per capita per day. This lower level was primarily due to the decreased use of organ meats. Levels were highest during the early 1970's, a period of high beef, pork, and organ meats usage. In contrast, levels were lowest in the mid-1930's, reflecting a lower use of meat, poultry, and fish group foods during the Depression years (table 3).

Vitamin B_{12} occurs naturally only in animal foods. The meat, poultry, and fish group has been the primary contributor of vitamin B_{12} over the years, accounting for about three-fourths of the total (fig. 31). Dairy products and eggs have also contributed important shares, ranging from 17 to 23 percent from dairy products and 4 to 6 percent from eggs over the series (table 22).

Figure 31. Sources of Vitamin B_{12} in the U.S. Food Supply



Minerals

Minerals occur in the body and in food chiefly in the ionic form. In the body, they play essential roles both as dissolved ions in body fluids and as constituents of essential compounds (*25*). Food supply data includes calcium, phosphorus, magnesium, iron, zinc, copper, and potassium.[13] In general, per capita levels of minerals exceed the RDA (table 1) for a healthful diet by a generous margin.

Calcium.—Calcium is essential for the formation of bones and teeth, and requirements increase significantly during adolescence, early adulthood, pregnancy, and lactation. Calcium is very important from a public health perspective because inadequate intake of calcium may increase the risk of osteoporosis, a condition in which decreased bone mass weakens bone.

The amount of calcium available in the food supply has shifted over the years (fig. 32). Calcium levels dropped from 760 mg per capita per day in 1909 to 690 mg per capita per day in 1916, due primarily to a decreased use in whole milk (table 4). Calcium levels increased by 57 percent between 1916 and 1946 when calcium reached a peak value of 1,080 mg per capita per day. This peak was caused by an increase in the use of whole, canned, and dried milk and cheese. From the mid-1940's to the early 1980's, calcium levels declined. Since then, however, levels have generally increased due to increases in lowfat milk and cheese use.

Animal products, particularly dairy products, have always been the predominant source of calcium in the food supply. Animal products contributed 73 percent of the calcium in 1909 and 78 percent in 1994. A shift within the dairy group—decreased use of whole milk and increased use of lowfat and skim milks—has occurred over the years. In 1909, whole milk accounted for 44 percent of the calcium in the food supply, whereas it contributed only 12 percent in 1994 (fig. 33). Even though the share of calcium contributed by lowfat and skim milks has increased, it does not completely compensate for the calcium loss due to the decreased use of total milk products overall. The share of calcium provided by cheese has increased almost fivefold from 1909 to 1994, while that from other dairy foods has increased more than threefold. The vegetable group has been the secondary source of calcium over time. However, its share has generally declined, dropping from 9 percent in 1909 to 6 percent in 1994.

[13]Food supply data represent minerals for which food composition are available.

Figure 32. Calcium in the U.S. Food Supply, per Capita per Day

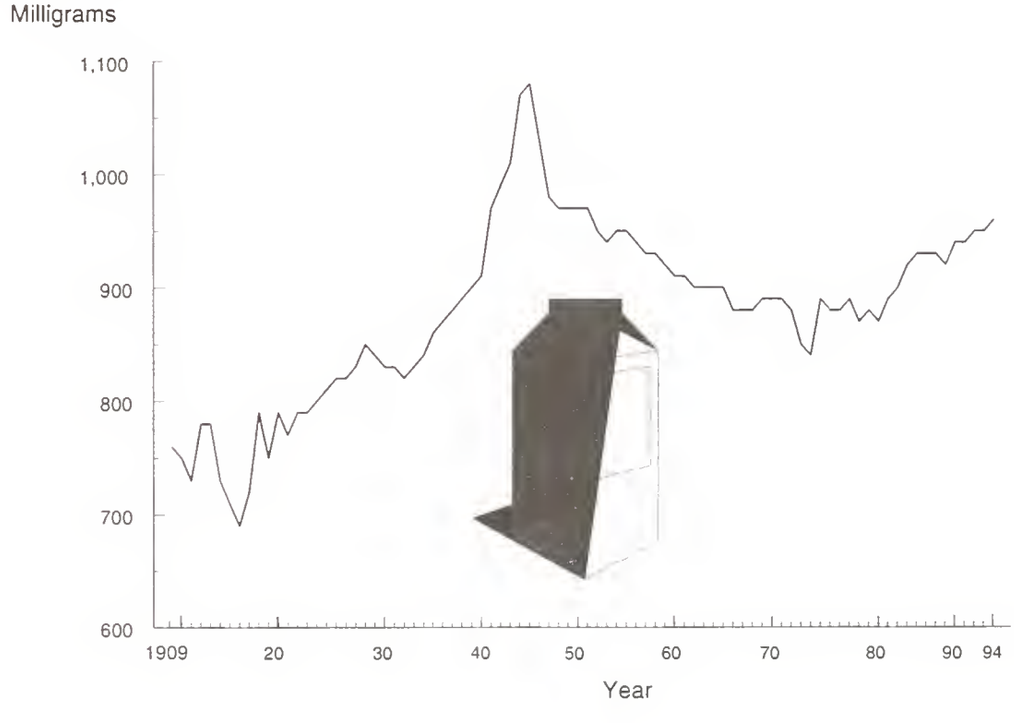
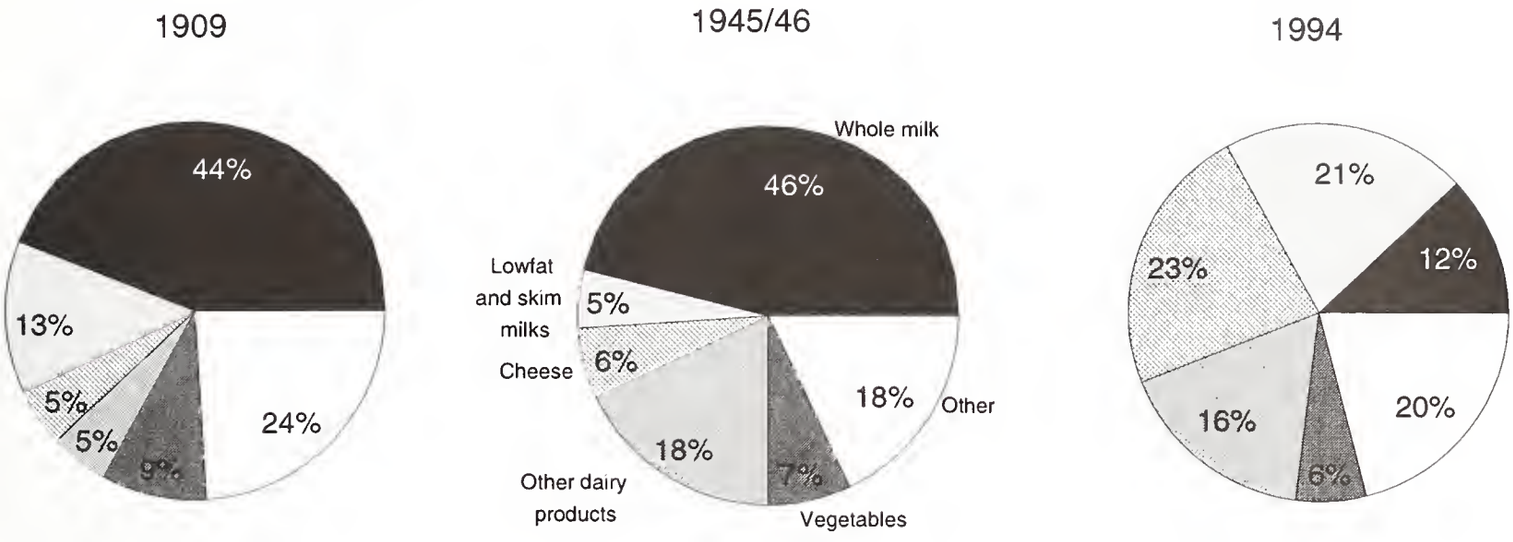


Figure 33. Sources of Calcium in the U.S. Food Supply



Phosphorus.—Phosphorus is a component of every cell, ranking second to calcium in abundance in human tissues. It has numerous critical functions in the body related to bone, nucleic acid, and energy metabolism. Because practically all foods contain phosphorus, dietary deficiencies of the nutrient are unlikely to develop.

Phosphorus levels in the food supply fluctuated over the period 1909-35, but were lower than the 1909 value of 1,500 mg per capita per day (table 4). Lower values of phosphorus were due to the decline in use of the grain and meat, poultry, and fish groups, especially in the mid-1930's (fig. 34). In the following years, phosphorus levels increased, reaching a peak of 1,670 mg in 1946. The increased use of dairy products accounted for this high level. From 1946 to 1987, levels generally decreased. Since 1987, phosphorus levels have increased steadily, reflecting the increased use of dairy (especially cheese) and grain products, reaching 1,680 mg in 1994.

In 1909, foods from plant sources contributed 46 percent of the phosphorus while foods from animal sources contributed 54 percent. In 1994, those proportions had shifted to 39 percent from plant sources and 61 percent from animal sources. In 1909, the grain and dairy groups each contributed more than one-fourth and the meat, poultry, and fish group, more than one-fifth of the total phosphorus in the food supply. With the decline in consumption of grain products from 1909 to the 1960's, the share of phosphorus contributed by this group decreased by over one-half from 29 to 14 percent. In 1994, the phosphorus share from grain products increased with increased grain use to 21 percent. Since the mid-1960's, the phosphorus contribution from the dairy group has been about one-third. The share of phosphorus from the meat, poultry, and fish group has generally remained at about one-fourth since the mid-1960's. Over the series, the vegetable group has provided an important, but not major, source of phosphorus with contributions ranging from 7 to 11 percent.

Magnesium.—More than half the magnesium in the human body is found in bones, and most of the rest is found in intracellular fluid. It functions as an activator of many enzyme systems (*25*) in the body. Magnesium levels have fluctuated somewhat over the series (table 4), but levels in 1994 were similar to those in 1909 at 380 and 390 mg per capita per day, respectively. Higher magnesium levels are related to increases in the use of grain products, dairy foods, or vegetables. Thus, the highest level, 400 mg per capita per day in 1945, was due to the combined increased use of these foods during World War II years, whereas the lower levels throughout the mid-1950's and early 1980's were due to a general decrease in use of grain products.

Several shifts have occurred in sources of magnesium over the years. In 1909, foods originating from plants accounted for 77 percent of the total supply of magnesium, with grains being the primary source. By 1965, that percentage had dropped to 65 percent but increased to 70 percent in 1994.

In 1909, grain products provided 38 percent; vegetables, 19 percent; dairy products, 13 percent; the meat, poultry, and fish group, 9 percent; and the legumes, nuts, and soy group, 10 percent of the magnesium in the food supply (fig. 35). With the increased consumption of dairy foods during World War II, the share of magnesium contributed by this group was similar to that from the grain group in 1945 (fig. 35). As the use of grain products increased in the early 1980's, the grains group once again became the primary source. In 1994, grain products provided 26 percent of the total magnesium in the food supply, while vegetables contributed 14 percent; dairy products, 16 percent; and the meat, poultry, and fish and legume, nuts, and soy groups, each 13 percent.

Figure 34. Sources of Phosphorus in the U.S. Food Supply

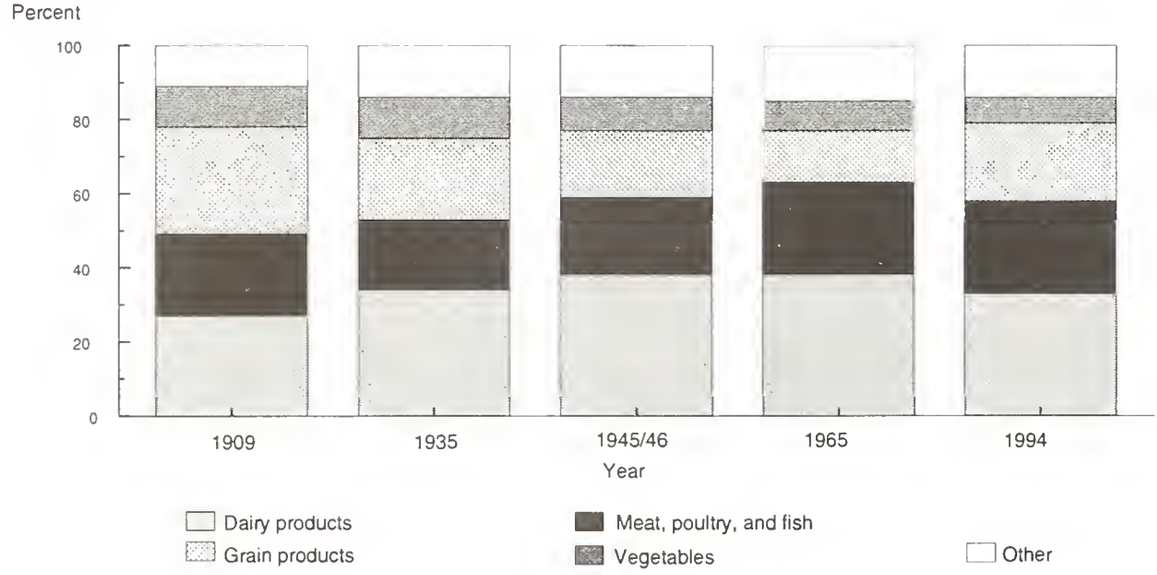
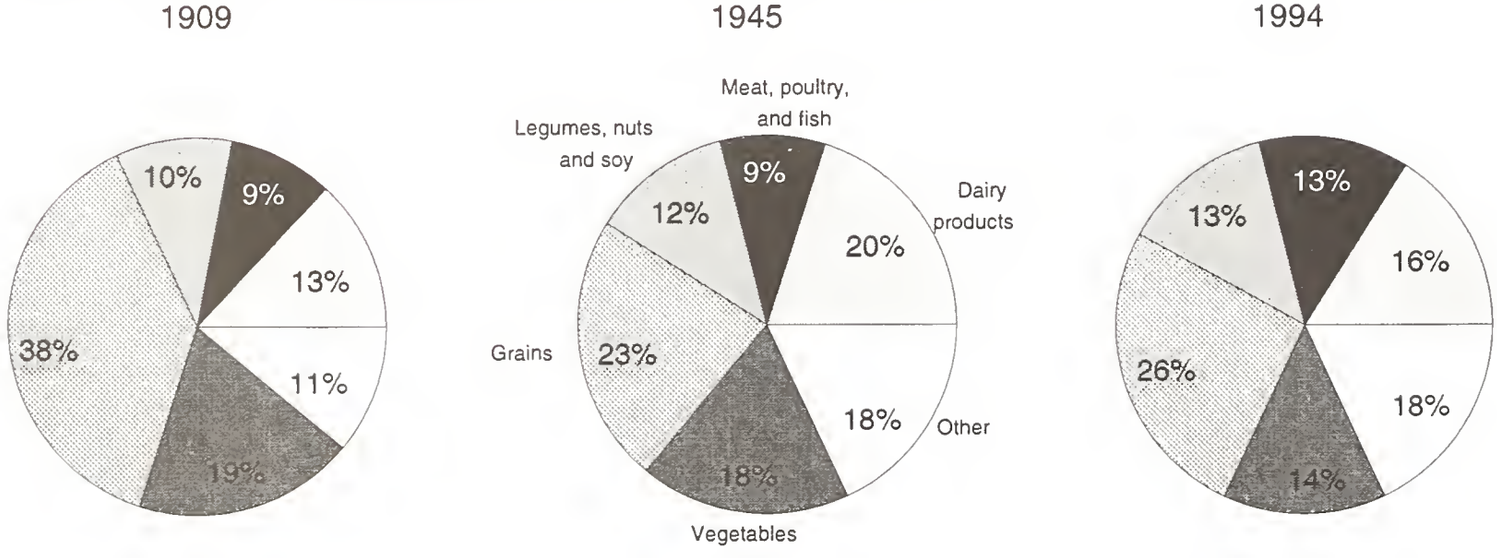


Figure 35. Sources of Magnesium in the U.S. Food Supply



Iron.—Iron is found in all body cells. As a component of hemoglobin in the blood and myoglobin in the muscles, iron carries oxygen. Iron deficiency anemia is the most common nutritional deficiency in the United States. Infants, adolescents, and women of childbearing age are the most at risk for developing anemia. Their greater need, due to rapid growth or excessive blood loss during menstruation, usually cannot be compensated by dietary intake alone (*60*).

The amount of iron present in the food supply was relatively high in 1909—14.2 mg per capita per day, compared with the following 30 years. From 1910 through 1942, iron levels basically declined (table 4, fig. 36). In 1940, the National Research Council of the National Academy of Sciences endorsed the addition of iron to white flour, and by 1942, the Food and Drug Administration established standards of identity for enriched flour. These standards have changed over the years, and consequently, iron levels have shifted. The highest levels of iron, 23.8 mg per capita per day in 1976 and similar levels for 1977 and 1978, are linked to the standards of identity for high levels of iron established in 1974 *(58).* Although the last revision of the standards for enriched flour in 1983 required lower levels of iron for enrichment than in the mid-1970's and levels did drop in the years immediately following the revision, iron levels since that time have increased. The iron level was about 50 percent higher in 1994, at 21.2 mg per capita per day, than in 1909.

Even before the enrichment of white flour, the predominant source of iron was grain products (fig. 37). In 1909, grain products provided 34 percent of the iron in the food supply. Because grain product use dropped, its iron share declined after 1909 until flour enrichment began in the 1940's. With the enrichment of flour, iron levels added to the food supply increased in spite of the drop in the consumption of grain products. In the 1980's, grain use increased, and by 1994, grain products accounted for over 50 percent of the iron in the food supply. After grain products, the meat, poultry, and fish group, particularly red meats, has ranked second as a source of iron through most of the years. This group provided 21 percent in 1909 and 16 percent in 1994. The vegetable group, specifically white potatoes, was an important source in earlier years. However, the iron share from vegetables declined along with the use of white potatoes. In 1909, the vegetable group furnished 19 percent of the iron in the food supply, but in 1994, that share had dropped to 11 percent. Another source of iron is the legumes, nuts, and soy group. In 1909, this group provided 13 percent of the iron in the food supply; however, the iron share decreased to 8 percent in 1994, reflecting the decreased consumption of home-produced dried beans and peas (fig. 37).

Figure 36. Iron in the U.S. Food Supply, per Capita per Day

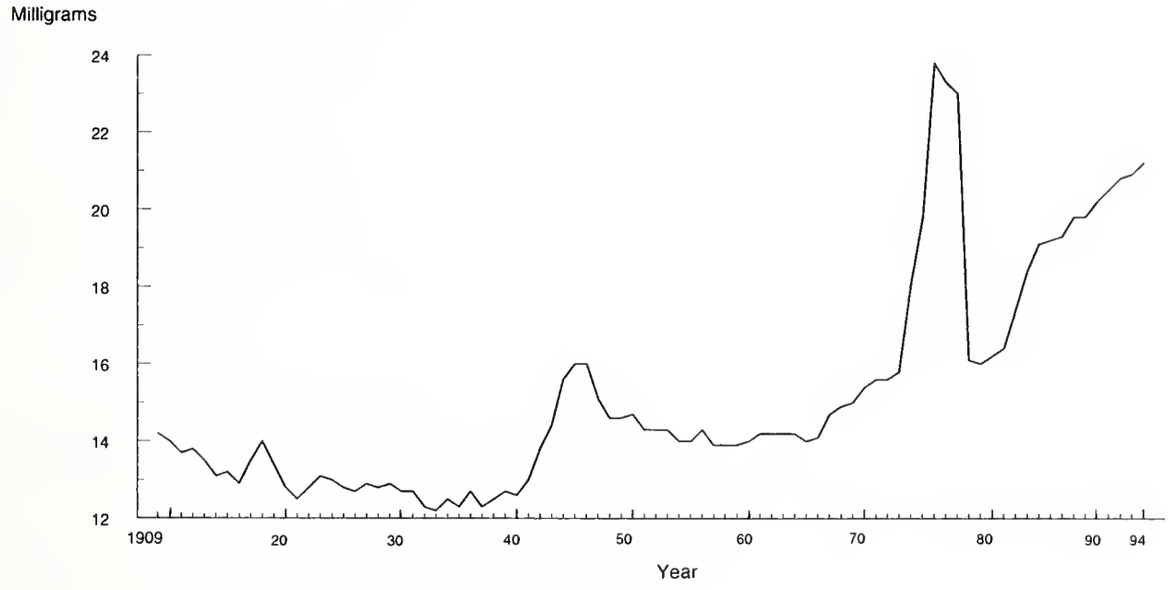
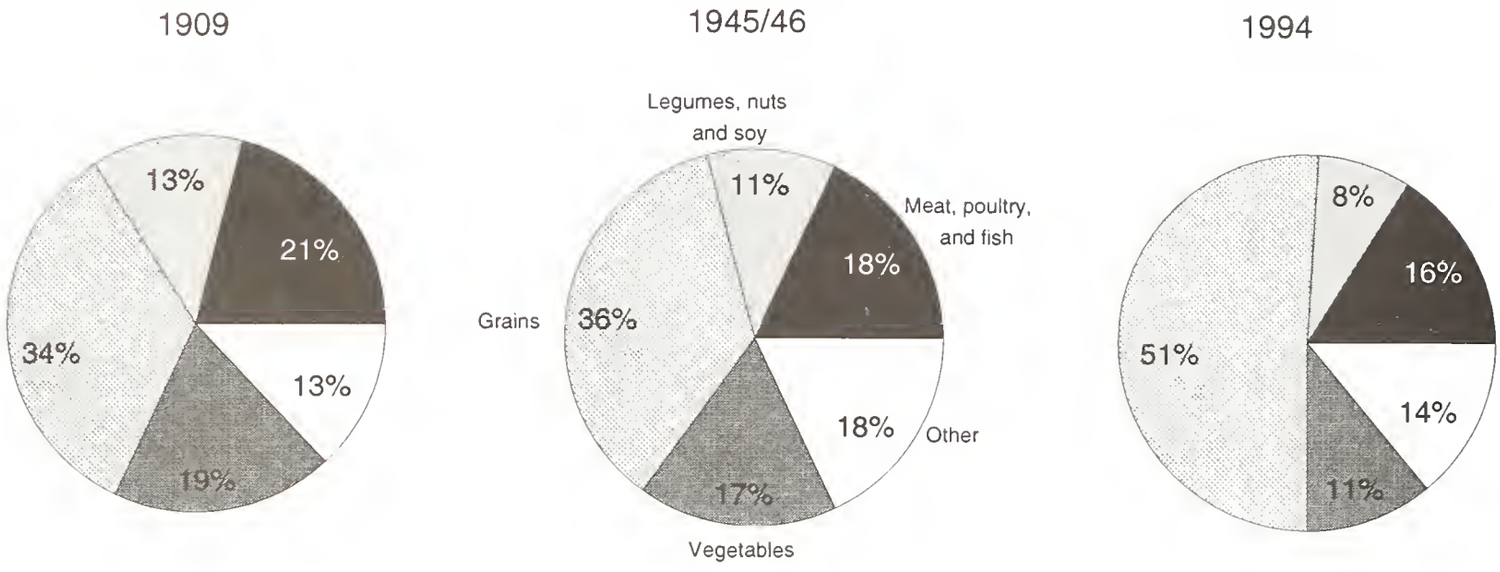


Figure 37. Sources of Iron in the U.S. Food Supply



Zinc.—Zinc is involved with the metabolism of carbohydrates, lipids, proteins, and nucleic acids. It plays an important role in wound healing, blood formation, and the general growth and maintenance of all body tissues. Severe zinc deficiency is uncommon in the United States. However, mild or moderate deficiency has been found in older adults, the physically active, and in individuals subject to stress, such as after surgery (*25,60*).

In 1909, the level of zinc in the food supply was at its peak, 13.7 mg per capita per day (table 4). From 1909, the per capita zinc level decreased to a low value of 11.1 mg per capita per day in 1935, attributed to decreases in use of the meat, poultry, and fish group and the grain group. Since that time, zinc levels have fluctuated, with levels consistently higher since the mid-1980's due to a increase in use of grains. In 1994, the zinc level was 13.2 mg per capita per day, a level only slightly lower than the 1909 level. The 1994 level reflects the decreases in zinc shares from grain products and the meat, poultry, and fish group, offset by the increase in the zinc share from dairy foods when compared with shares from these foods in 1909.

Animal products contributed 59 percent of the total supply of zinc in 1909, 58 percent in 1935, 69 percent in 1965, and 63 percent in 1994. Over time, the meat, poultry, and fish group has been the primary source of zinc in the food supply, contributing 44 percent in 1909, 37 percent in 1935, 45 percent in 1965, and 41 percent in 1994 (fig. 38). The grain group, which was the second most important source of zinc in earlier years, contributed 24 percent of the zinc in 1909. In the mid-1960's, with the drop in the use of grain products, the dairy group replaced the grain group as the secondary source of zinc, providing 20 percent of the zinc in the food supply. In 1994, the shares of zinc provided by the grain and dairy groups were similar, at 18 percent and 19 percent, respectively. Over the series, fruits and vegetables have provided a stable source of zinc at about 10 percent (table 27).

Copper.—Copper is found in all body tissues and works with iron in the formation of hemoglobin. Copper also helps maintain healthy bones, blood vessels, and nerves. The level of copper present on the food supply did not vary greatly over the series. The level was highest, 2.1 mg per capita per day in 1909, when the consumption of grain products and white potatoes was high (table 4). After 1909, copper values generally decreased to the lowest value of 1.5 mg per capita per day in 1965, due to decreased use of grain and white potatoes. Since that time, copper levels generally increased from 1.6 mg to 1.9 mg in 1991 with levels stable through 1994.

Foods of plant origin are the primary source of copper. In both 1909 and 1994, foods from plants provided slightly over four-fifths of the copper in the food supply. In 1909, the vegetable group was the leading source of copper, providing 33 percent to the food supply (fig. 39), largely because white potatoes alone accounted for 24 percent. Because of the decline in white potato consumption, white potatoes accounted

Figure 38. Sources of Zinc in the U.S. Food Supply

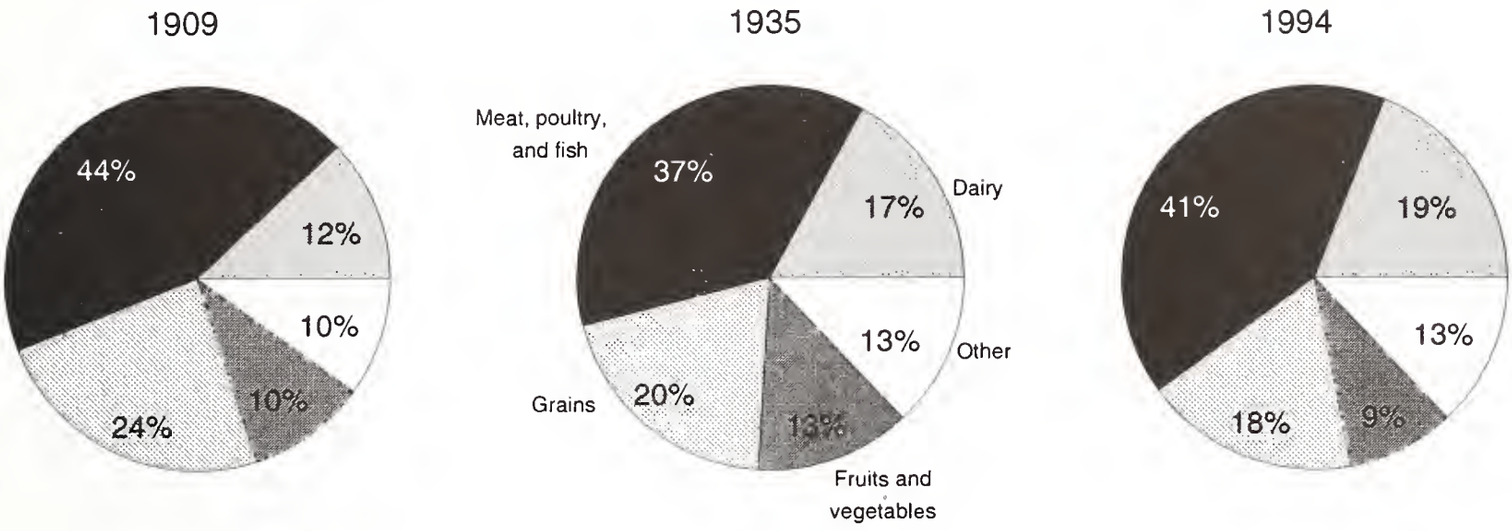
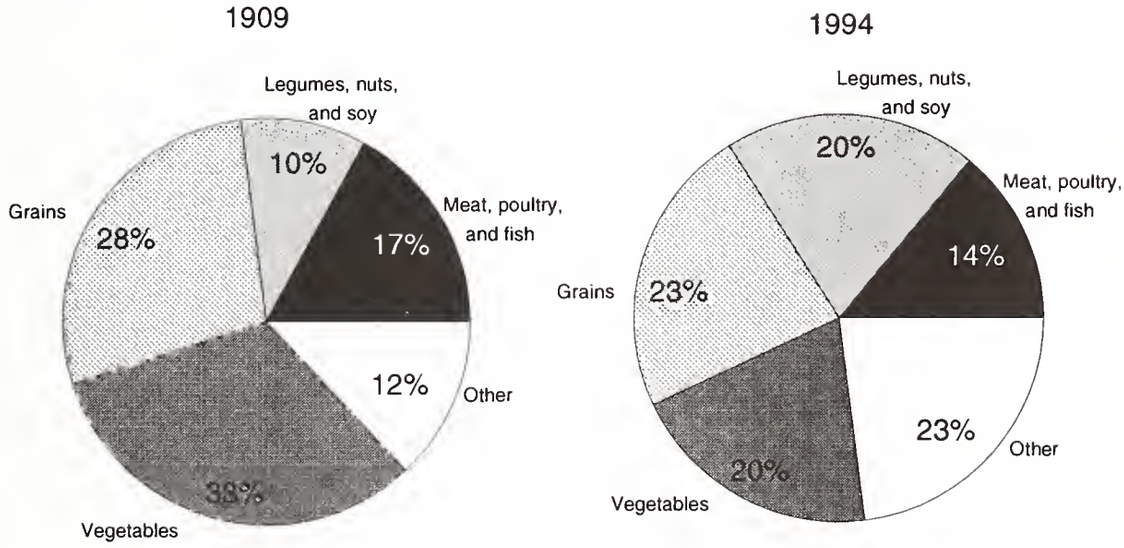


Figure 39. Sources of Copper in the U.S. Food Supply



for only 9 percent of the copper in 1994. Consequently, in 1994, the vegetable group along with the legumes, nuts, and soy group ranked as second leading sources, each providing 20 percent of the copper in the food supply. Grain products replaced the vegetable group as the most important source of copper, providing 23 percent of the copper in the food supply.

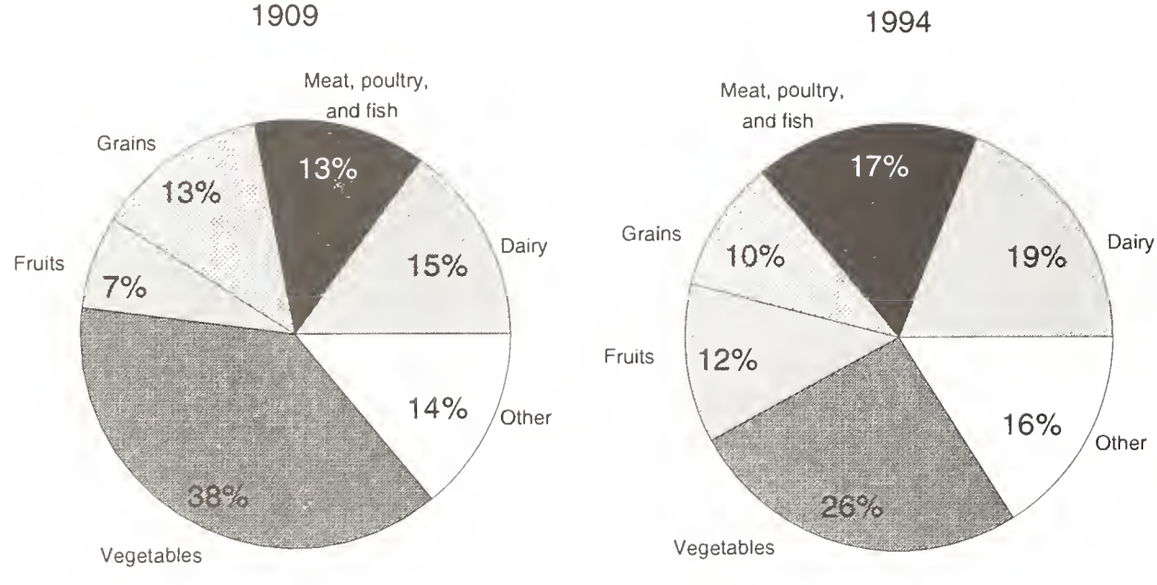
The contributions from the meat, poultry, and fish group decreased from 17 percent in 1909 to 14 percent in 1994. The share of copper from the legumes, nuts, and soy group has doubled since 1909, reflecting the increased consumption of these foods, in particular soy products, over time.

Potassium.—Potassium aids in muscle contraction and in maintaining fluid and electrolyte balance in body cells. Potassium functions in nerve impulses as well as in carbohydrate and protein metabolism. Healthy people do not normally develop a potassium deficiency (*60*). During the earlier years and the World War II years of the series, potassium levels were generally higher in the food supply (table 4). This was due to the high use of dairy products and vegetables. From the peak level of potassium, 4,240 mg per capita per day in 1946, until 1981, values primarily dropped. Since that time, potassium levels have increased to 3,780 mg per capita per day in 1994 because of an increase in fruit use.

Foods from plant sources have been the primary sources of potassium. In 1909, these foods provided 71 percent of the potassium in the food supply. Even though that percentage has decreased over the years, foods from plants still provided 64 percent in 1994. This decrease in the contribution by foods from plant sources is attributed to the decline in the consumption of vegetables, particularly white potatoes.

In 1909, vegetables contributed 38 percent of the potassium in the food supply with potatoes alone contributing 25 percent (fig. 40). By 1994, the share from potatoes had dropped by one-half and consequently the total share from the vegetable group dropped to 26 percent of the potassium in the food supply. On the other hand, the contribution from fruit has generally increased over time, from 7 percent in 1909 to 12 percent in 1994. The share of potassium provided by the dairy group increased from 15 to 19 percent while that provided by the meat, poultry, and fish group increased from 13 to 17 percent from 1909 to 1994. In 1909, the meat, poultry, and fish group and dairy products provided the same amount of potassium to the supply. While the share from the meat, poultry, and fish group increased, that from dairy products decreased to 10 percent in 1994. Over the series, the leading source of potassium has been the vegetable group, followed by the dairy and the meat, poultry, and fish groups.

Figure 40. Sources of Potassium in the U.S. Food Supply



Tables Notes

Although estimates for each set of tables have been calculated for every year from 1909 through 1994, space limitations only allow the printing of yearly data for the table that includes nutrients per capita per day. For other tables, selected time periods, 1909-19 and 1950-59, for example, are used to represent average estimates for years prior to 1970.

Nutrients per capita per day in the U.S. food supply

Nutrient estimates are based on Economic Research Service (ERS) estimates of per capita quantities of food available for consumption (retail weight), on imputed consumption data for foods no longer reported by ERS, and on USDA estimates of quantities of produce from home gardens. No deduction is made in food supply estimates for loss of foods or nutrients in further processing, in marketing, or in the home. Data include iron, thiamin, riboflavin, niacin, vitamin A, vitamin B_6, vitamin B_{12}, and vitamin C added by enrichment and fortification.

Nutrient contributions from major food groups to the U.S. food supply, selected years

Percentages are based on unrounded data. Components may not add to 100 because of rounding.

- **Other dairy products:** Includes cream; canned, evaporated, and dry milks; whey; ice cream and other frozen desserts; and yogurt.
- **Lard and beef tallow:** Excludes use in margarine and shortening.
- **Miscellaneous:** Includes coffee, tea, chocolate liquor equivalent of cocoa beans, spices, and fortification not assigned to a specific food group.

Foods per capita per year by major food groups in the U.S. food supply (shown as figures by major food groups)

To determine nutrient estimates from the major commodity groups and the percentage contribution by nutrients for each of these groups, pounds of food per capita per year by major food groups in the U.S. food supply were adapted from data published in ERS's series, "Food Consumption, Prices, and Expenditures" *(35,46,47)*. Data include USDA estimates of fruits and vegetables from home gardens and imputed consumption data for foods no longer reported by ERS.

Pounds of most foods are totaled on the basis of their retail weights to achieve consistency in aggregating different foods. Summing dissimilar forms of foods—such as liquids, solids, and concentrated products—makes it difficult to interpret changes in these data. Because of increased processing of foods over the years, pounds of food measured in equivalent weights are more appropriate for analyses of food trends. Totals for other milk products, total dairy products, and total sugars and sweeteners are measured in equivalent weights. However, caution must be used in interpreting the pounds per capita for other foods in this report to avoid misleading implications from either their levels or trends. For information on levels of individual foods, see the references.

- **Meat:** Reported as fresh retail cut equivalent, which includes all meat cuts obtained from a carcass and trimmed for retail sale. Includes game, organ meats, and fat cuts of pork.
- **Poultry:** Reported as ready-to-cook weight. Ready-to-cook poultry weight is the entire dressed bird, which includes the bones, skin, fat, liver, heart, gizzard, and neck. Includes game birds.
- **Fish:** Reported on edible-weight basis, which excludes such offal as bones, viscera, and shells. Includes game fish.
- **Eggs:** Reported as shell equivalent weight, which includes shell eggs and the approximate shell egg equivalent of dried and frozen eggs.
- **Other milk products:** Includes creams, evaporated and condensed milks (canned and bulk), dry milk, whey, yogurt, sour cream, eggnog, and ice cream and frozen desserts.

Reported as calcium equaivalent weight, which is the amount of fluid whole cow's milk that has the same quantity of calcium as other milk products. For example, the calcium equivalent of 1.5 pounds of cheddar cheese is calculated as follows:

1. Derive calcium conversion factor.

$$\frac{\text{calcium in 1 pound cheddar cheese}}{\text{calcium in 1 pound fluid milk}} = \frac{3{,}275 \text{ mg}}{560 \text{ mg}} = 5.85$$

2. Multiply amount of cheddar cheese by calcium conversion factor.

   1.5 pounds x 5.85 = 8.78 pounds

- **Total milk products:** Reported as calcium equivalent weight.
- **Lard and beef tallow:** Excludes use in margarine and shortening.
- **Total fruits:** Reported as product weight except for concentrated juices, which are on a single-strength basis.
- **Total other fresh vegetables:** Includes dark-green and deep-yellow types, tomatoes, and others.
- **Miscellaneous:** Includes instant and regular coffee reported on roasted basis; tea reported as leaf equivalent; cocoa reported as chocolate liquor equivalent of cocoa beans, which is what remains after cocoa beans have been roasted and hulled; and spices.

References

1. Armstrong, B. and Doll, R. 1975. Environmental factors and cancer incidence and mortality in different countries, with special reference to dietary practices. *International Journal of Cancer* 15:617-631.

2. ASCN/AIN Task Force on *Trans* Fatty Acids. 1996. Position paper on *trans* fatty acids. *American Journal of Clinical Nutrition* 63:663-670.

3. Breidenstein, B.C. 1987. Nutrient value of meat. *Food and Nutrition News* 59*(2)*:43-58. National Live Stock and Meat Board.

4. Byrne, R.L. 1993. Personal communication, April 16. The Wildlife Management Institute, Washington, DC.

5. Cross, H.R., Savell, J.W., and Francis, J.J. 1986. National consumer retail beef study. *Reciprocal Meat Conference Proceedings* 39:112-116.

6. Duewer, L.A. 1977. Changes in the pork production and consumption series. *Livestock and Meat Situation.* LMS-217. U.S. Department of Agriculture, Economic Research Service.

7. Duewer, L.A., Bost, K., and Futrell, G. 1991. Revisions in conversion factors for pork consumption series. *Livestock and Poultry Situation and Outlook Report.* LPS-45. U.S. Department of Agriculture, Economic Research Service.

8. Enig, M.G., R.J. Munn, and Keeney, M. 1978. Dietary fat and cancer trends—a critique. *Federation Proceedings* 37*(9)*:2215-2220.

9. Enig, M.G., Atal, S., Keeney, M., and Sampugna, J. 1990. Isomeric *trans* fatty acids in the U.S. diet. *Journal of the American College of Nutrition* 9*(5)*:471-86.

10. Exler, J. 1995. Personal communication, November 1. U.S. Department of Agriculture, Agricultural Research Service.

11. Federation of American Societies for Experimental Biology, Life Sciences Research Office. 1995. *Third Report on Nutrition Monitoring in the United States: Volume 1.* U.S. Government Printing Office, Washington, DC.

12. Food and Nutrition Board, Institute of Medicine. 1994. Thomas, P.R. and Earl, R. (Eds). *Opportunities in the Nutrition and Food Sciences: Research Challenges and the Next Generation of Investigators.* National Academy Press. Washington, DC.

13. Gerrior, S.A. and Zizza, C. 1994. *Nutrient Content of the U.S. Food Supply, 1909-90.* Home Economics Research Report No. 52. U.S. Department of Agriculture

14. Gerrior, S. 1996. Estimating nutrient contributions from lean beef and pork in the U.S. food supply series. *Family Economics and Nutrition Review* 9*(4)*:38-41.

15. Holz, A. 1995. Personal communication, December 14. U.S. Department of Agriculture, Foreign Agricultural Service.

16. Hunter, J.E. and Applewhite, T.H. 1991. Reassessment of *trans* fatty acid availability in the US Diet. *American Journal of Clincal Nutrition* 54:363-369.

17. Hunter, J.E. and Applewhite, T.H. 1993. Correction of dietary fat availability estimates for wastage of food service deep-frying fats. *Journal of the American Oil Chemists Society* 70*(6)*:613-617.

18. Jonnalagadda, S.S., Mustad, V.A., Yu, S., Etherton, T.D, and Kris-Etherton, P.M. 1996. Effects of individual fatty acids on chronic diseases. *Nutrition Today* 31*(3)*:90-106.

19. Katan, M.B. 1995. Commentary on the supplement *trans f*atty acids and coronary heart disease risk. *American Journal of Clinical Nutrition* 62:518-519.

20. Kelly, A., Becker, W., and Helsing, E. 1991. Food balance sheets. *Food and Health Data: Their Use in Nutrition Policy-Making.* WHO Regional Publications, European Series. No. 34:39-48.

21.Kesteloot, H., Lesaffre, E., and Joossens, J.V. 1991. Dairy fat, saturated animal fat, and cancer risk. *Preventive Medicine* 20:226-236.

22. Kinlen, L.J. 1983. Fat and cancer. *British Medical Journal* 286:1081-1082.

23. Kris-Etherton, P.M. (Ed.). 1995. *Trans* fatty acids and coronary heart disease risk. Report of the Expert Panel on *Trans* Fatty Acids and Coronary Heart Disease. *American Journal on Clinical Nutrition* 62(3):655S-707S.

24. Leveille, G.A. 1995. Commentary on trans fatty acids and coronary heart disease risk. *American Journal on Clinical Nutrition* 62:520-521.

25. Mahan, L.K. and Escott-Stump, S. (Eds.). 1996. *Krause's Food, Nutrition and Diet Therapy* (9th ed.) W.B. Saunders Company. Philadelphia, PA.

26. McKeown-Eyssen, G.E. and Bright-See, E. 1985. Dietary factors in colon cancer: International relationships. An update. *Nutrition and Cancer* 7*(4)*:251-253.

27. Manchester, A.C. 1992. *Rearranging the Economic Landscape—The Food Marketing Revolution, 1950-91.* Agricultural Economic Report Number 660. U.S. Department of Agriculture, Economic Research Service.

28. Manchester, A. 1994. Personal communication, February 23. U.S. Department of Agriculture, Economic Research Service.

29. Molitor, G. 1990. Food systems: Perspectives on demographics and affluence, food supply and consumption. *Environmental Health Perspective* 86:201-23.

30. National Academy of Sciences, National Research Council, Food and Nutrition Board. 1989. *Recommended Dietary Allowances* (10th ed.). National Academy Press, Washington, DC.

31. National Cattlemen's Association in Coordination with Colorado State University and Texas A&M University. 1992. *Executive Summary: National Beef Quality Audit.*

32. National Wildlife Federation. 1990. Conservation Directory (35th ed.). Washington, DC.

33. Nelson, K.E. and Duewer, L.A. 1986. ERS's measures of red meat consumption. Presented at Symposium, "The Demand for Red Meat—What Do We Know? What Does It Mean?" Charleston, SC.

34. Nelson, K.E., Duewer, L.A., and Crawford, T.L. 1989. Reevaluation of the Beef Carcass-to-Retail Weight Conversion Factor. Agricultural Economic Report No. 623. U.S. Department of Agriculture, Economic Research Service.

35. Putnam, J.J. and Allshouse, J.E. 1996. *Food Consumption, Prices, and Expenditures, 1996. Annual Data, 1970-94.* U.S. Department of Agriculture, Economic Research Service. Statistical Bulletin No. 928.

36. Raper, N.R., Zizza, C., and Rourke, J. 1992. *Nutrient Content of the U.S. Food Supply, 1909-1988.* Home Economics Research Report No. 50. U.S. Department of Agriculture.

37. Sasaki, S. and Kesteloot, H. 1992. Value of food and agriculture organization data on food-balance sheets as a data source of dietary fat intake in epidemiologic studies. *American Journal of Clinical Nutrition* 56*(4)*:716-723.

38. Savell, J.W., Harris, J.J., Cross, H.R., Hale, D.S., and Beasley, L.C. 1991. National Beef Market Basket Survey. *Journal of Animal Science* 69:2883-2893.

39. Slattery, M.L. and Randall, D.E. 1988. Trends in coronary heart disease mortality and food consumption in the United States between 1909 and 1980. *American Journal of Clinical Nutrition* 47*(6)*:1060-1067.

40. Stephen, A.M. and Wald, N.J. 1990. Trends in individual consumption of dietary fat in the United States, 1920-1984. *American Journal of Clinical Nutrition* 52*(3)*:457-469.

41. Sutherland, D. 1995. Personal communication, November 21. U.S. Department of Commerce, National Oceanic and Atmospheric Administration.

42. U.S. Department of Agriculture, Agricultural Marketing Service. 1954. *Nonfarm Consumption of Fluid Milk and Cream. A Revised Series of Statistics.* Marketing Research Report No. 72.

43. U.S. Department of Agriculture, Agricultural Marketing Service. 1977. *Grades of Fed Beef Carcasses. November 1973-October 1974.* Marketing Research Report No. 1073.

44. U.S. Department of Agriculture, Agricultural Research Service. 1996. Primary Data Set. On 1994 Continuing Survey of Food Intakes by Individuals and 1994 Diet and Health Knowledge Survey. CD-ROM, Accession No. PB 97-501010.

45. U.S. Department of Agriculture, Bureau of Agricultural Economics. 1947. *Consumption of Food in the United States, 1909-48.* Miscellaneous Publication No. 691.

46. U.S. Department of Agriculture, Economic Research Service. 1968. Fo*od Consumption, Prices, and Expenditures, 1909-66.* No. 138.

47. U.S. Department of Agriculture, Economic Research Service. 1981. *Food Consumption, Prices, and Expenditures, 1960-80.* Statistical Bulletin No. 672.

48. U.S. Department of Agriculture, Economic Research Service. 1992. *Weights, Measures, and Conversion Factors for Agricultural Commodities and Their Products.* Agricultural Handbook No. 697.

49. U.S. Department of Agriculture, Economic Research Service. 1995. *Fruit and Tree Nuts, Situation and Outlook Report.* FTS-274.

50. U.S. Department of Agriculture, Economic Research Service. 1995. *Oil Crops Yearbook.* OCS-1995.

51. U.S. Department of Agriculture, Human Nutrition Information Service. 1988. *Nutrient Content of the U.S. Food Supply.* HNIS Adm. Rep. No. 299-21.

52. U.S. Department of Commerce, Bureau of the Census. 1975. *1972 Census of Manufacturers.* Industry Series. Fats and Oils, SIC industry group 207.

53. U.S. Department of Commerce, Bureau of the Census. 1995. *1992 Census of Manufacturers.* Industry Series. Fats and Oils, Industries 2074, 2075, 2076, 2077 and 2079.

54. U.S. Department of Commerce, National Oceanic and Atmospheric Administration. 1981. *Fisheries of the United States, 1980.* Current Fishery Statistics No. 8100.

55. U.S. Department of Commerce, National Oceanic and Atmospheric Administration. 1993. *Fisheries of the United States, 1992.* Current Fishery Statistics No. 9200.

56. U.S. Department of Commerce, National Oceanic and Atmospheric Administration. 1994. *Fisheries of the United States, 1993.* Current Fishery Statistics No. 9300.

57. U.S. Department of Commerce, National Oceanic and Atmospheric Administration. 1995. *Fisheries of the United States, 1994.* Current Fishery Statistics No. 9400.

58. U.S. Department of Health and Human Services, Food and Drug Administration. 1974. Code of Federal Regulations. Title 21. Food And Drugs. Section 15.10, "Enriched flour; identity; label statement of optional ingredients."

59. White, T.F. Jr., Duewer, L.A., Ginzel, J., Bohall, R., and Crawford, T. 1991. *Choice Beef Prices and Price Spreads Series—Methodology and Revisions.* Staff Report AGES 9106. U.S. Department of Agriculture, Economic Research Service.

60. Zizza, C. and Gerrior, S. 1995. The U.S. food supply provides more of most nutrients. *FoodReview* 18(*1*):40-45.

Table 1. Recommended Dietary Allowances, 1989, for Selected Nutrients

Category	Age	Protein	Vitamin A	Vitamin E	Vitamin C	Thiamin	Ribo-flavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}	Calcium	Phos-phorus	Mag-nesium	Iron	Zinc
		Grams	*Micrograms Retinol Equivalent*	*Milligrams Alpha-Tocopherol Equivalent*	*Milligrams*					*Micrograms*		*Milligrams*				
Infants	0.0-0.5	13	375	3	30	0.3	0.4	5	0.3	25	0.3	400	300	40	6	5
	0.5-1.0	14	375	4	35	0.4	0.5	6	0.6	35	0.5	600	500	60	10	5
Children	1-3	16	400	6	40	0.7	0.8	9	1	50	0.7	800	800	80	10	10
	4-6	24	500	7	45	0.9	1.1	12	1.1	75	1	800	800	120	10	10
	7-10	28	700	7	45	1	1.2	13	1.4	100	1.4	800	800	170	10	10
Males	11-14	45	1000	10	50	1.3	1.5	17	1.7	150	2	1200	1200	270	12	15
	15-18	59	1000	10	60	1.5	1.8	20	2	200	2	1200	1200	400	12	15
	19-24	58	1000	10	60	1.5	1.7	19	2	200	2	1200	1200	350	10	15
	25-50	63	1000	10	60	1.5	1.7	19	2	200	2	800	800	350	10	15
	51+	63	1000	10	60	1.2	1.4	15	2	200	2	800	800	350	10	15
Females	11-14	46	800	8	50	1.1	1.3	15	1.4	150	2	1200	1200	280	15	12
	15-18	44	800	8	60	1.1	1.3	15	1.5	180	2	1200	1200	300	15	12
	19-24	46	800	8	60	1.1	1.3	15	1.6	180	2	1200	1200	280	15	12
	25-50	50	800	8	60	1.1	1.3	15	1.6	180	2	800	800	280	15	12
	51+	50	800	8	60	1	1.2	13	1.6	180	2	800	800	280	10	12
Pregnant		60	800	10	70	1.5	1.6	17	2.2	400	2.2	1200	1200	320	30	15
Lactating	1st 6 mos	65	1300	12	95	1.6	1.8	20	2.1	280	2.6	1200	1200	355	15	19
	2nd 6 mos	62	1200	11	90	1.6	1.7	20	2.1	260	2.6	1200	1200	340	15	16

Adapted from *(30)*.

Table 2. Food Energy and Macronutrients per Capita per Day in the U.S. Food Supply, 1909-94

Year	Food Energy	Carbohydrate	Protein	Fat				Cholesterol
				Total fat	Saturated	Mono-unsaturated	Poly-unsaturated	
	Kilocalories	*Grams*						*Milligrams*
1909	3500	500	101	123	57	49	13	454
1910	3500	499	99	121	55	48	13	450
1911	3400	492	98	122	56	49	13	470
1912	3400	494	98	119	55	48	12	460
1913	3400	492	97	120	55	48	13	450
1914	3400	486	95	122	55	49	14	440
1915	3400	483	94	121	55	48	13	440
1916	3300	472	92	121	55	49	13	440
1917	3300	471	92	117	53	48	12	420
1918	3300	467	94	125	56	50	14	430
1919	3400	480	93	124	55	51	14	440
1920	3200	460	91	119	55	48	13	440
1921	3200	443	88	117	54	46	13	440
1922	3400	483	91	125	58	49	14	460
1923	3400	469	94	131	61	52	15	480
1924	3400	477	93	132	61	52	15	480
1925	3400	478	92	133	61	52	15	470
1926	3400	482	92	133	61	52	15	480
1927	3500	481	93	133	61	52	15	480
1928	3500	485	92	133	60	53	15	480
1929	3400	475	93	135	61	53	15	470
1930	3400	477	91	132	61	52	15	470
1931	3400	465	90	133	61	52	15	470
1932	3300	451	89	131	61	51	15	460
1933	3300	440	88	131	61	51	15	450
1934	3200	432	89	133	61	52	15	450
1935	3200	440	86	126	57	50	14	420
1936	3300	442	89	133	60	53	15	440
1937	3200	437	88	132	59	52	15	450
1938	3200	436	89	132	59	52	15	450
1939	3300	443	90	137	62	54	16	460

Continued

Table 2. Food Energy and Macronutrients per Capita per Day in the U.S. Food Supply, 1909-94—Continued

Year	Food Energy	Carbohydrate	Protein	Fat				Cholesterol
				Total fat	Saturated	Mono-unsaturated	Poly-unsaturated	
	Kilocalories	*Grams*						*Milligrams*
1940	3300	433	92	141	64	55	17	480
1941	3400	448	93	142	64	56	17	470
1942	3300	429	95	139	62	55	17	480
1943	3300	433	99	139	61	56	18	500
1944	3300	433	99	140	62	56	18	510
1945	3300	424	102	137	60	55	17	530
1946	3300	417	101	141	62	57	17	520
1947	3300	424	96	141	62	56	17	520
1948	3200	403	93	138	60	56	17	510
1949	3200	405	93	137	60	55	17	510
1950	3200	406	93	142	62	58	18	520
1951	3100	396	92	136	59	55	17	510
1952	3200	394	92	140	60	57	18	510
1953	3100	390	92	139	60	57	18	510
1954	3100	381	92	139	59	57	18	500
1955	3100	380	90	139	58	57	18	500
1956	3100	380	91	139	55	56	18	500
1957	3000	374	90	135	54	54	18	490
1958	3000	377	89	134	53	54	18	480
1959	3100	377	90	138	54	56	19	480
1960	3100	377	91	138	54	56	19	473
1961	3100	376	91	138	54	56	19	470
1962	3100	375	90	138	54	56	19	470
1963	3100	373	91	141	54	57	21	470
1964	3100	373	92	143	55	58	21	470
1965	3100	373	91	142	54	57	21	460
1966	3200	376	92	147	56	60	22	460
1967	3200	380	93	148	56	59	23	470
1968	3200	383	94	152	57	62	24	470
1969	3200	386	94	152	56	62	24	460

Continued

Table 2. Food Energy and Macronutrients per Capita per Day in the U.S. Food Supply, 1909-94—Continued

Year	Food Energy	Carbohydrate	Protein	Fat				Cholesterol
				Total fat	Saturated	Mono-unsaturated	Poly-unsaturated	
	Kilocalories	*Grams*						*Milligrams*
1970	3300	386	95	154	54	63	26	470
1971	3300	387	96	154	55	63	26	470
1972	3300	386	95	155	54	63	27	460
1973	3200	390	94	150	52	61	27	440
1974	3200	383	94	151	52	62	27	440
1975	3200	385	93	146	50	59	27	430
1976	3300	399	97	152	51	60	29	430
1977	3300	398	96	149	51	59	28	430
1978	3200	392	95	150	51	59	29	430
1979	3300	400	96	151	51	60	30	430
1980	3300	406	96	153	52	60	30	430
1981	3300	394	96	153	51	61	30	430
1982	3300	396	96	152	51	60	30	420
1983	3300	400	97	157	53	62	31	430
1984	3400	404	98	155	53	62	29	430
1985	3500	420	101	163	55	65	32	430
1986	3500	425	102	162	54	65	32	420
1987	3500	436	103	160	53	64	32	420
1988	3600	443	105	161	53	64	33	420
1989	3500	445	104	156	51	63	32	410
1990	3600	458	105	156	51	63	32	400
1991	3600	464	107	155	50	63	32	400
1992	3700	473	108	158	52	64	32	410
1993	3700	482	108	161	52	66	32	410
1994	3800	491	110	159	52	65	31	410

Table 3. Vitamins per Capita per Day in the U.S. Food Supply, 1909-94

Year	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}
	Micrograms Retinol Equivalent		*Milligrams Alpha-Tocopherol Equivalent*	*Milligrams*					*Micrograms*	
1909	1240	440	7.3	98	1.7	1.9	19	2.3	322	8.5
1910	1220	440	7.3	100	1.6	1.9	19	2.2	320	8.1
1911	1220	420	7.2	94	1.6	1.9	18	2.2	314	8.2
1912	1200	430	7.2	98	1.6	1.9	19	2.2	319	8.1
1913	1170	410	7.5	96	1.6	1.9	18	2.2	309	7.9
1914	1150	410	8.4	95	1.6	1.8	18	2.1	303	7.6
1915	1190	430	8.1	99	1.6	1.8	18	2.1	303	7.5
1916	1190	420	7.5	90	1.6	1.8	17	2.0	293	7.6
1917	1200	460	7.6	92	1.6	1.8	18	2.0	308	7.6
1918	1220	460	8.5	95	1.6	1.9	18	2.1	309	8.0
1919	1240	470	8.6	95	1.6	1.8	18	2.0	294	7.9
1920	1240	480	7.6	98	1.5	1.9	17	2.0	295	7.8
1921	1230	480	7.4	98	1.5	1.8	17	2.0	285	7.5
1922	1280	510	8.1	98	1.5	1.9	17	2.0	293	7.7
1923	1290	480	8.2	104	1.6	1.9	18	2.1	304	8.0
1924	1260	450	8.3	103	1.6	1.9	18	2.0	309	7.9
1925	1260	460	9.0	100	1.5	1.9	17	2.0	305	7.8
1926	1280	470	9.3	99	1.5	1.9	17	2.0	306	7.7
1927	1300	500	8.9	100	1.6	1.9	17	2.0	312	7.6
1928	1250	480	9.2	100	1.6	1.9	17	2.0	311	7.4
1929	1290	520	9.4	107	1.6	1.9	17	2.0	314	7.4
1930	1270	490	9.3	98	1.6	1.9	17	1.9	314	7.2
1931	1280	500	9.1	104	1.6	1.9	17	1.9	316	7.2
1932	1310	530	8.5	102	1.6	1.9	17	1.9	303	7.1
1933	1280	500	8.6	101	1.5	1.9	16	1.9	296	7.2
1934	1300	520	8.9	103	1.5	1.9	16	1.9	305	7.6
1935	1260	530	9.3	108	1.4	1.8	16	1.9	303	7.0
1936	1240	510	9.6	104	1.4	1.9	16	1.9	310	7.4
1937	1280	520	9.8	105	1.4	1.9	16	1.9	303	7.4
1938	1280	520	9.9	109	1.5	1.9	16	1.9	314	7.3
1939	1310	530	9.9	113	1.5	1.9	17	1.9	317	7.5

Continued

Table 3. Vitamins per Capita per Day in the U.S. Food Supply, 1909-94—Continued

Year	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}
	Micrograms Retinol Equivalent		*Milligrams Alpha-Tocopherol Equivalent*	*Milligrams*					*Micrograms*	
1940	1310	500	9.8	111	1.6	2.0	17	1.9	315	7.7
1941	1350	520	10.3	112	1.7	2.0	17	2.0	318	8.0
1942	1430	530	10.4	113	1.9	2.1	18	1.9	339	8.4
1943	1480	560	10.3	112	2.1	2.3	19	2.0	336	8.7
1944	1510	560	10.5	122	2.1	2.5	22	2.1	336	9.2
1945	1530	580	10.6	121	2.1	2.6	22	2.0	345	9.2
1946	1470	560	10.6	119	2.2	2.6	22	2.1	333	9.0
1947	1420	500	10.4	115	2.0	2.5	21	2.0	312	8.9
1948	1360	480	10.3	107	1.9	2.4	20	1.9	303	8.4
1949	1340	460	10.4	104	1.9	2.4	20	1.9	299	8.4
1950	1340	460	10.7	100	1.9	2.4	19	1.9	303	8.4
1951	1280	420	10.1	103	1.9	2.4	19	1.9	300	8.2
1952	1290	420	10.7	100	1.9	2.4	19	1.8	297	8.4
1953	1310	420	10.7	101	1.9	2.4	20	1.9	291	8.8
1954	1300	420	11.2	99	1.8	2.3	19	1.9	288	8.8
1955	1320	430	11.0	100	1.8	2.3	19	1.8	284	8.9
1956	1330	420	10.9	98	1.8	2.3	19	1.8	289	9.1
1957	1300	420	10.9	100	1.8	2.3	19	1.8	286	8.8
1958	1290	410	10.9	94	1.8	2.3	19	1.8	282	8.5
1959	1310	420	11.3	97	1.8	2.3	19	1.8	284	8.7
1960	1290	410	11.5	98	1.8	2.3	19	1.8	281	8.6
1961	1280	390	11.4	96	1.8	2.3	20	1.8	280	8.7
1962	1270	390	11.4	96	1.8	2.3	20	1.8	279	8.6
1963	1270	390	11.7	89	1.8	2.3	20	1.8	274	8.8
1964	1260	370	12.1	87	1.8	2.2	20	1.8	273	9.0
1965	1250	390	12.4	89	1.8	2.2	20	1.8	266	8.7
1966	1330	400	12.7	91	1.8	2.2	20	1.9	266	9.0
1967	1350	420	12.5	95	1.9	2.2	21	1.9	273	9.2
1968	1430	470	12.7	100	1.9	2.3	21	1.9	273	9.3
1969	1420	460	13.0	100	1.9	2.2	21	1.9	273	9.4

Continued

Table 3. Vitamins per Capita per Day in the U.S. Food Supply, 1909-94—Continued

Year	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}
	Micrograms Retinol Equivalent		*Milligrams Alpha-Tocopherol Equivalent*	*Milligrams*					*Micrograms*	
1970	1500	510	13.7	107	2.0	2.3	22	2.0	279	9.5
1971	1510	520	13.5	108	2.0	2.3	22	2.0	280	9.5
1972	1530	550	13.9	108	2.0	2.3	22	2.0	279	9.4
1973	1520	580	14.4	106	2.0	2.3	22	1.9	284	8.9
1974	1560	600	14.2	108	2.1	2.3	23	2.0	276	9.2
1975	1550	620	14.4	112	2.2	2.3	24	1.9	298	8.8
1976	1580	620	14.7	113	2.3	2.5	26	2.0	303	9.1
1977	1530	580	14.2	112	2.3	2.4	25	2.0	302	9.0
1978	1510	580	14.5	108	2.2	2.4	25	1.9	291	8.7
1979	1530	610	14.6	109	2.3	2.4	25	2.0	299	8.5
1980	1520	600	14.6	112	2.3	2.4	25	2.0	292	8.4
1981	1510	600	14.7	109	2.3	2.4	26	2.0	292	8.5
1982	1510	620	15.0	110	2.3	2.4	25	2.0	298	8.2
1983	1500	600	15.4	115	2.3	2.4	26	2.0	301	8.4
1984	1530	640	14.9	112	2.3	2.5	26	2.0	295	8.5
1985	1520	630	16.2	114	2.4	2.5	27	2.1	310	8.5
1986	1500	610	16.3	118	2.4	2.5	27	2.1	313	8.4
1987	1530	640	16.4	115	2.5	2.5	27	2.1	304	8.5
1988	1470	610	16.9	116	2.5	2.5	28	2.1	316	8.3
1989	1500	640	16.5	115	2.6	2.5	28	2.2	308	8.2
1990	1530	670	16.6	111	2.6	2.6	28	2.2	311	8.2
1991	1500	640	17.0	115	2.6	2.5	28	2.2	321	8.2
1992	1540	670	17.1	117	2.7	2.6	29	2.3	326	8.3
1993	1530	670	17.6	122	2.7	2.6	29	2.3	329	8.0
1994	1520	660	16.9	124	2.7	2.6	29	2.3	331	8.1

Table 4. Minerals per Capita per Day in the U.S. Food Supply, 1909-94

Year	Calcium	Phosphorus	Magnesium	Iron	Zinc	Copper	Potassium
	Milligrams						
1909	760	1500	390	14.2	13.7	2.1	4070
1910	750	1470	380	14.0	13.3	2.0	4050
1911	730	1450	370	13.7	13.1	1.9	3840
1912	780	1480	380	13.8	13.1	2.0	4050
1913	760	1450	370	13.5	12.9	2.0	3950
1914	730	1410	360	13.1	12.6	1.9	3780
1915	710	1400	360	13.2	12.3	2.0	3870
1916	690	1370	350	12.9	12.2	1.8	3620
1917	720	1390	370	13.5	12.4	1.9	3760
1918	790	1460	390	14.0	12.8	2.0	3980
1919	750	1410	370	13.4	12.4	2.0	3780
1920	790	1410	360	12.8	12.2	1.8	3760
1921	770	1370	350	12.5	11.9	1.8	3710
1922	790	1410	360	12.8	12.1	1.8	3750
1923	790	1440	370	13.1	12.3	1.9	3930
1924	800	1450	370	13.0	12.3	1.9	3860
1925	810	1430	360	12.8	12.0	1.9	3820
1926	820	1440	360	12.7	12.0	1.9	3750
1927	820	1460	370	12.9	11.9	1.9	3790
1928	830	1449	360	12.8	11.8	1.9	3820
1929	850	1460	370	12.9	11.8	1.9	3900
1930	840	1430	360	12.7	11.6	1.8	3760
1931	830	1430	360	12.7	11.5	1.9	3790
1932	830	1410	350	12.3	11.3	1.8	3710
1933	820	1390	350	12.2	11.2	1.8	3670
1934	830	1390	350	12.5	11.6	1.8	3740
1935	840	1370	350	12.3	11.1	1.8	3780
1936	860	1410	360	12.7	11.5	1.8	3790
1937	870	1400	350	12.3	11.4	1.8	3760
1938	880	1410	360	12.5	11.5	1.8	3820
1939	890	1440	360	12.7	11.7	1.8	3850

Continued

Table 4. Minerals per Capita per Day in the U.S. Food Supply, 1909-94—Continued

Year	Calcium	Phosphorus	Magnesium	Iron	Zinc	Copper	Potassium
	Milligrams						
1940	900	1460	360	12.6	11.8	1.8	3870
1941	910	1480	370	13.0	11.9	1.8	3930
1942	970	1520	380	13.8	12.2	1.9	4010
1943	990	1590	380	14.4	12.4	1.9	4040
1944	1010	1600	390	15.6	12.7	1.9	4220
1945	1070	1650	400	16.0	12.9	1.9	4240
1946	1080	1670	380	16.0	12.8	1.9	4220
1947	1030	1580	369	15.1	12.5	1.9	4042
1948	980	1510	350	14.6	11.9	1.7	3810
1949	970	1500	350	14.6	11.7	1.7	3810
1950	970	1500	350	14.7	11.8	1.7	3750
1951	970	1490	340	14.3	11.5	1.7	3750
1952	970	1490	340	14.3	11.7	1.7	3700
1953	950	1480	330	14.3	11.9	1.7	3700
1954	940	1460	330	14.0	11.8	1.6	3630
1955	950	1450	320	14.0	11.7	1.6	3630
1956	950	1470	330	14.3	11.9	1.6	3620
1957	940	1450	320	13.9	11.6	1.6	3610
1958	930	1430	320	13.9	11.3	1.6	3530
1959	930	1440	320	13.9	11.4	1.6	3570
1960	920	1440	320	14.0	11.4	1.6	3550
1961	910	1430	320	14.2	11.5	1.6	3530
1962	910	1420	320	14.2	11.4	1.6	3500
1963	900	1430	320	14.2	11.6	1.6	3480
1964	900	1430	320	14.2	11.7	1.6	3450
1965	900	1420	320	14.0	11.5	1.5	3400
1966	900	1440	320	14.1	11.8	1.6	3440
1967	880	1440	320	14.7	12.1	1.6	3430
1968	880	1450	320	14.9	12.2	1.6	3490
1969	880	1450	320	15.0	12.1	1.6	3450

Continued

Table 4. Minerals per Capita per Day in the U.S. Food Supply, 1909-94—Continued

Year	Calcium	Phosphorus	Magnesium	Iron	Zinc	Copper	Potassium
	Milligrams						
1970	890	1460	320	15.4	12.2	1.6	3510
1971	890	1470	320	15.6	12.3	1.6	3500
1972	890	1470	330	15.6	12.2	1.6	3490
1973	880	1440	330	15.8	11.8	1.6	3460
1974	850	1430	320	18.1	12.0	1.6	3410
1975	840	1430	320	19.8	11.8	1.7	3440
1976	890	1480	330	23.8	12.3	1.7	3530
1977	880	1470	320	23.3	12.2	1.7	3460
1978	880	1460	320	23.0	12.0	1.6	3410
1979	890	1480	330	16.1	11.9	1.7	3480
1980	870	1460	320	16.0	11.8	1.7	3440
1981	860	1460	320	16.2	11.9	1.7	3400
1982	870	1460	330	16.4	11.9	1.7	3430
1983	890	1490	330	17.4	12.1	1.7	3490
1984	900	1500	330	18.4	12.1	1.7	3500
1985	920	1540	350	19.1	12.5	1.8	3590
1986	930	1570	350	19.2	12.6	1.8	3650
1987	930	1580	350	19.3	12.5	1.8	3590
1988	930	1600	360	19.8	12.7	1.8	3630
1989	920	1600	360	19.8	12.6	1.8	3630
1990	940	1620	370	20.2	12.7	1.8	3650
1991	940	1630	380	20.5	12.8	1.9	3690
1992	950	1660	380	20.8	13.0	1.9	3750
1993	950	1650	380	20.9	13.0	1.9	3750
1994	960	1680	380	21.2	13.2	1.9	3780

Table 5. Food Energy Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
	Meat	Poultry	Fish	Total	Fluid Milk: Whole	Fluid Milk: Lowfat	Cheese	Other	Total			
	Percent											
1909-19	13.5	0.9	0.6	15.0	5.0	0.8	0.6	2.1	8.5	1.8	2.3	37.4
1920-29	13.2	0.9	0.6	14.6	5.6	0.7	0.7	2.8	9.7	1.9	2.4	32.0
1930-39	12.7	0.9	0.6	14.2	5.9	0.6	0.8	3.3	10.6	1.8	2.8	29.3
1940-49	14.4	1.2	0.6	16.2	7.2	0.6	1.0	3.7	12.5	2.2	3.1	26.6
1950-59	14.9	1.5	0.7	17.0	7.2	0.5	1.3	3.6	12.6	2.5	3.0	22.8
1960-69	15.9	2.2	0.8	18.8	6.2	0.6	1.6	3.2	11.5	2.1	3.0	21.1
1970	16.3	2.7	0.8	19.8	5.2	0.9	1.8	2.7	10.6	2.0	2.9	19.6
1971	16.8	2.7	0.8	20.3	5.0	1.0	1.9	2.7	10.6	2.0	2.9	19.5
1972	16.1	2.8	0.9	19.7	4.9	1.1	2.0	2.6	10.6	1.9	3.0	19.2
1973	14.9	2.7	0.9	18.5	4.7	1.1	2.1	2.7	10.5	1.9	3.3	19.9
1974	15.9	2.7	0.9	19.5	4.4	1.1	2.2	2.5	10.3	1.8	3.0	19.9
1975	14.6	2.7	0.8	18.2	4.3	1.2	2.2	2.6	10.3	1.8	3.3	20.8
1976	14.7	2.8	0.8	18.4	4.0	1.4	2.3	2.6	10.3	1.7	3.1	20.6
1977	14.8	2.9	0.8	18.5	3.9	1.5	2.4	2.5	10.3	1.7	3.1	20.5
1978	14.4	3.0	0.9	18.2	3.8	1.6	2.5	2.6	10.4	1.8	3.1	20.3
1979	14.0	3.1	0.8	18.0	3.6	1.6	2.5	2.6	10.2	1.8	3.1	20.7
1980	14.1	3.2	0.8	18.1	3.3	1.7	2.5	2.5	10.0	1.7	2.8	20.6
1981	14.1	3.3	0.8	18.2	3.2	1.7	2.6	2.5	10.0	1.7	3.0	21.0
1982	13.3	3.3	0.8	17.4	3.1	1.7	2.9	2.5	10.2	1.7	3.3	21.3
1983	13.5	3.3	0.8	17.6	2.9	1.8	2.9	2.6	10.2	1.6	3.2	20.9
1984	13.4	3.3	0.8	17.5	2.9	1.8	3.0	2.7	10.3	1.6	3.1	21.1
1985	12.8	3.3	0.8	16.9	2.7	1.8	3.0	2.5	10.0	1.5	3.3	21.2
1986	12.3	3.4	0.8	16.5	2.5	1.9	3.0	2.6	10.1	1.5	3.2	21.9
1987	11.7	3.6	0.8	16.2	2.4	1.9	3.1	2.7	10.1	1.5	3.0	22.7
1988	11.8	3.7	0.8	16.2	2.2	1.9	3.0	2.6	9.8	1.4	3.3	23.2
1989	11.5	3.9	0.8	16.1	2.1	2.1	3.0	2.6	9.8	1.4	3.2	23.6
1990	10.8	3.8	0.8	15.3	1.9	2.1	3.1	2.6	9.7	1.4	3.1	24.4
1991	9.7	4.0	0.7	14.5	1.8	2.1	3.1	2.5	9.6	1.4	3.2	24.7
1992	9.7	4.1	0.7	14.5	1.7	2.1	3.1	2.5	9.5	1.3	3.1	24.6
1993	9.3	4.1	0.7	14.1	1.6	2.0	3.1	2.5	9.3	1.3	3.0	24.9
1994	9.3	4.2	0.7	14.2	1.6	2.0	3.1	2.5	9.3	1.3	2.9	25.1

Continued

Table 5. Food Energy Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.2	2.7	2.9	4.0	0.9	0.4	1.3	6.5	4.4	0.6	3.1	3.8	0.7	12.5	12.7	0.5
1920-29	0.3	2.8	3.1	3.5	0.9	0.4	1.5	6.2	4.6	0.7	2.7	4.2	1.4	13.5	15.9	0.7
1930-39	0.5	2.7	3.1	3.1	0.9	0.4	1.6	6.0	4.8	0.7	3.4	4.2	2.0	15.0	16.2	0.9
1940-49	0.7	2.5	3.2	2.9	0.8	0.5	1.7	5.8	3.4	1.1	3.2	4.3	2.4	14.3	15.2	1.0
1950-59	0.8	2.4	3.2	2.7	0.5	0.5	1.5	5.2	2.5	2.3	3.9	3.8	3.4	16.0	16.8	1.0
1960-69	0.8	2.1	2.9	2.8	0.4	0.5	1.5	5.1	1.9	2.8	5.1	2.2	4.8	16.9	17.5	1.1
1970	0.9	2.1	2.9	2.8	0.4	0.6	1.5	5.2	1.5	3.0	5.8	1.6	5.9	17.8	18.1	0.9
1971	0.9	2.0	3.0	2.7	0.4	0.6	1.5	5.1	1.4	3.0	5.7	1.4	6.0	17.5	18.0	1.1
1972	1.0	1.9	2.9	2.7	0.4	0.6	1.5	5.1	1.4	3.1	5.9	1.3	6.4	18.0	18.2	1.2
1973	1.0	1.9	2.9	2.7	0.4	0.6	1.5	5.1	1.3	3.1	5.8	1.1	6.9	18.2	18.5	1.2
1974	1.0	2.0	3.0	2.7	0.4	0.6	1.5	5.1	1.2	3.1	5.8	1.1	6.8	18.1	18.0	1.1
1975	1.1	2.1	3.2	2.8	0.4	0.6	1.5	5.4	1.3	3.1	5.9	1.1	6.9	18.3	17.7	1.0
1976	1.1	2.0	3.1	2.7	0.4	0.6	1.5	5.3	1.2	3.2	5.9	1.0	7.2	18.5	17.9	1.1
1977	1.1	2.0	3.1	2.7	0.4	0.6	1.5	5.2	1.2	3.1	5.8	0.9	7.1	18.1	18.5	1.0
1978	1.0	2.1	3.1	2.6	0.4	0.6	1.5	5.1	1.2	3.1	6.1	0.8	7.5	18.7	18.3	1.0
1979	1.0	2.1	3.1	2.6	0.4	0.6	1.5	5.1	1.2	3.1	6.2	1.0	7.4	18.8	18.1	1.0
1980	1.1	2.2	3.2	2.6	0.3	0.6	1.4	4.9	1.2	3.1	6.0	1.2	7.4	19.0	18.7	1.0
1981	1.0	2.2	3.2	2.6	0.4	0.6	1.4	5.0	1.1	3.0	6.2	1.2	7.7	19.3	17.6	1.1
1982	1.0	2.3	3.3	2.6	0.4	0.6	1.4	5.0	1.2	3.0	6.3	1.3	7.8	19.5	17.3	1.1
1983	1.1	2.3	3.4	2.6	0.4	0.6	1.4	4.9	1.3	2.8	6.1	1.4	8.2	19.8	17.2	1.1
1984	0.9	2.4	3.3	2.6	0.4	0.6	1.4	5.0	1.3	2.8	7.0	1.3	6.9	19.3	17.5	1.2
1985	1.0	2.3	3.3	2.5	0.4	0.6	1.4	4.8	1.3	2.8	7.2	1.2	7.9	20.4	17.3	1.2
1986	1.0	2.4	3.4	2.6	0.3	0.5	1.3	4.8	1.2	2.9	7.0	1.1	8.1	20.3	17.0	1.2
1987	1.0	2.5	3.4	2.5	0.3	0.5	1.3	4.6	1.2	2.7	6.7	0.9	8.3	19.7	17.5	1.2
1988	1.0	2.4	3.4	2.4	0.3	0.5	1.3	4.5	1.1	2.6	6.6	0.8	8.3	19.5	17.4	1.2
1989	0.9	2.5	3.4	2.5	0.3	0.6	1.3	4.7	1.1	2.6	6.7	0.7	7.9	18.9	17.7	1.3
1990	0.8	2.4	3.2	2.5	0.4	0.6	1.3	4.7	1.1	2.7	6.8	0.8	7.8	19.2	17.9	1.3
1991	0.9	2.3	3.2	2.5	0.3	0.6	1.3	4.7	1.1	2.6	6.8	1.0	8.1	19.6	17.9	1.4
1992	0.9	2.4	3.3	2.5	0.3	0.5	1.3	4.7	1.1	2.7	6.7	1.2	8.1	19.7	18.0	1.3
1993	1.0	2.3	3.3	2.5	0.3	0.6	1.3	4.6	1.1	2.6	7.4	1.1	7.9	20.2	18.1	1.3
1994	1.0	2.4	3.4	2.6	0.3	0.5	1.3	4.7	1.1	2.3	7.0	1.5	7.5	19.5	18.3	1.2

Table 6. Carbohydrate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	0.0	0.0	0.0	0.0	2.5	0.7	0.0	0.8	4.0	0.1	2.1	54.9
1920-29	0.1	0.0	0.0	0.1	2.9	0.6	0.0	0.9	4.4	0.1	1.7	47.9
1930-39	0.1	0.0	0.0	0.1	3.1	0.6	0.0	1.2	5.0	0.1	2.3	45.1
1940-49	0.1	0.0	0.0	0.1	4.1	0.5	0.1	1.8	6.4	0.1	2.5	43.1
1950-59	0.1	0.0	0.0	0.1	4.3	0.5	0.1	2.1	7.0	0.2	2.4	38.4
1960-69	0.1	0.0	0.0	0.1	3.9	0.6	0.1	2.2	6.7	0.1	2.3	36.7
1970	0.1	0.0	0.0	0.1	3.4	0.9	0.1	2.0	6.4	0.1	2.2	34.7
1971	0.1	0.0	0.0	0.1	3.3	0.9	0.1	2.0	6.4	0.1	2.2	34.6
1972	0.1	0.0	0.0	0.1	3.2	1.0	0.1	2.0	6.3	0.1	2.2	34.1
1973	0.1	0.0	0.0	0.1	3.1	1.0	0.1	2.0	6.1	0.1	2.4	34.6
1974	0.1	0.0	0.0	0.1	2.9	1.0	0.1	1.9	6.0	0.1	2.1	35.1
1975	0.1	0.0	0.0	0.1	2.8	1.1	0.1	1.8	5.8	0.1	2.4	36.0
1976	0.1	0.0	0.0	0.1	2.7	1.3	0.1	1.9	6.0	0.1	2.3	35.8
1977	0.1	0.0	0.0	0.1	2.6	1.4	0.1	1.9	5.9	0.1	2.2	35.2
1978	0.1	0.0	0.0	0.1	2.5	1.5	0.1	2.0	6.0	0.1	2.1	35.3
1979	0.1	0.0	0.0	0.1	2.3	1.5	0.1	2.0	5.9	0.1	2.2	35.9
1980	0.1	0.0	0.0	0.1	2.2	1.5	0.1	1.9	5.7	0.1	2.0	35.5
1981	0.1	0.0	0.0	0.1	2.1	1.6	0.1	1.8	5.7	0.1	2.1	36.8
1982	0.1	0.0	0.0	0.1	2.0	1.6	0.2	1.9	5.6	0.1	2.3	37.2
1983	0.1	0.0	0.0	0.1	1.9	1.6	0.2	1.9	5.6	0.1	2.3	36.8
1984	0.1	0.0	0.0	0.1	1.9	1.6	0.2	2.0	5.6	0.1	2.0	36.8
1985	0.1	0.0	0.0	0.1	1.8	1.6	0.2	2.0	5.5	0.1	2.3	37.1
1986	0.1	0.0	0.0	0.1	1.7	1.7	0.2	2.1	5.6	0.1	2.2	38.0
1987	0.1	0.0	0.0	0.1	1.5	1.7	0.2	2.0	5.4	0.1	1.9	38.8
1988	0.0	0.0	0.0	0.1	1.4	1.7	0.2	1.9	5.2	0.1	2.2	39.3
1989	0.1	0.0	0.0	0.1	1.3	1.8	0.2	1.9	5.2	0.1	2.0	39.5
1990	0.0	0.0	0.0	0.1	1.2	1.8	0.2	1.9	5.1	0.1	2.0	40.1
1991	0.0	0.0	0.0	0.1	1.1	1.8	0.2	1.8	5.0	0.1	2.1	40.4
1992	0.0	0.0	0.0	0.1	1.1	1.8	0.2	1.9	4.9	0.1	2.1	40.3
1993	0.0	0.0	0.0	0.1	1.0	1.8	0.2	1.8	4.8	0.1	2.0	40.6
1994	0.0	0.0	0.0	0.1	1.0	1.7	0.2	1.8	4.7	0.1	2.0	40.5

Continued

Table 6. Carbohydrate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.4	4.8	5.2	6.3	1.4	0.6	2.0	10.3	0.0	0.0	0.0	0.0	0.0	0.0	23.0	0.4
1920-29	0.6	5.1	5.7	5.6	1.4	0.6	2.2	9.8	0.0	0.0	0.0	0.0	0.0	0.0	29.6	0.5
1930-39	0.9	5.0	5.9	5.3	1.5	0.7	2.5	9.9	0.0	0.0	0.0	0.0	0.0	0.0	31.0	0.7
1940-49	1.5	4.8	6.3	5.1	1.4	0.9	2.8	10.1	0.0	0.0	0.0	0.0	0.0	0.0	30.7	0.8
1950-59	1.6	4.8	6.4	5.0	1.0	0.9	2.7	9.5	0.0	0.0	0.0	0.0	0.0	0.0	35.3	0.8
1960-69	1.5	4.3	5.9	5.3	0.8	0.9	2.7	9.6	0.0	0.0	0.0	0.0	0.0	0.0	37.7	0.9
1970	1.8	4.3	6.1	5.4	0.8	1.1	2.8	10.1	0.0	0.0	0.0	0.0	0.0	0.0	39.4	0.9
1971	1.9	4.3	6.2	5.2	0.7	1.2	2.8	9.8	0.0	0.0	0.0	0.0	0.0	0.0	39.7	0.9
1972	2.0	4.0	6.1	5.2	0.7	1.2	2.7	9.9	0.0	0.0	0.0	0.0	0.0	0.0	40.3	1.0
1973	2.0	4.0	5.9	5.1	0.8	1.1	2.8	9.7	0.0	0.0	0.0	0.0	0.0	0.0	40.1	1.0
1974	2.1	4.2	6.3	5.1	0.8	1.2	2.8	9.8	0.0	0.0	0.0	0.0	0.0	0.0	39.6	1.0
1975	2.3	4.2	6.5	5.3	0.8	1.2	2.8	10.1	0.0	0.0	0.0	0.0	0.0	0.0	38.1	0.9
1976	2.2	4.1	6.3	5.2	0.8	1.3	2.7	9.9	0.0	0.0	0.0	0.0	0.0	0.0	38.7	0.9
1977	2.2	4.1	6.3	5.0	0.7	1.2	2.8	9.7	0.0	0.0	0.0	0.0	0.0	0.0	39.6	0.9
1978	2.0	4.4	6.4	5.0	0.7	1.1	2.7	9.5	0.0	0.0	0.0	0.0	0.0	0.0	39.6	0.8
1979	2.0	4.3	6.3	4.9	0.7	1.2	2.7	9.5	0.0	0.0	0.0	0.0	0.0	0.0	39.1	0.8
1980	2.1	4.4	6.5	4.8	0.7	1.1	2.6	9.2	0.0	0.0	0.0	0.0	0.0	0.0	40.2	0.8
1981	2.0	4.5	6.5	4.9	0.7	1.1	2.6	9.4	0.0	0.0	0.0	0.0	0.0	0.0	38.5	0.9
1982	2.0	4.7	6.7	4.9	0.7	1.2	2.6	9.4	0.0	0.0	0.0	0.0	0.0	0.0	37.8	0.9
1983	2.3	4.6	6.9	5.0	0.7	1.1	2.6	9.3	0.0	0.0	0.0	0.0	0.0	0.0	37.9	0.9
1984	1.9	4.8	6.7	5.0	0.7	1.2	2.6	9.5	0.0	0.0	0.0	0.0	0.0	0.0	38.3	1.0
1985	1.9	4.7	6.6	4.7	0.7	1.1	2.6	9.1	0.0	0.0	0.0	0.0	0.0	0.0	38.2	0.9
1986	2.1	4.9	6.9	4.8	0.6	1.1	2.5	9.0	0.0	0.0	0.0	0.0	0.0	0.0	37.1	1.0
1987	1.9	4.9	6.8	4.6	0.6	1.0	2.3	8.5	0.0	0.0	0.0	0.0	0.0	0.0	37.5	0.9
1988	1.9	4.8	6.7	4.4	0.6	1.0	2.3	8.3	0.0	0.0	0.0	0.0	0.0	0.0	37.2	0.9
1989	1.8	4.9	6.6	4.5	0.6	1.0	2.3	8.5	0.0	0.0	0.0	0.0	0.0	0.0	37.2	0.9
1990	1.5	4.7	6.2	4.4	0.6	1.1	2.3	8.4	0.0	0.0	0.0	0.0	0.0	0.0	37.2	1.0
1991	1.7	4.5	6.2	4.4	0.6	1.1	2.2	8.3	0.0	0.0	0.0	0.0	0.0	0.0	37.0	1.0
1992	1.6	4.6	6.2	4.4	0.6	1.0	2.2	8.2	0.0	0.0	0.0	0.0	0.0	0.0	37.2	1.0
1993	1.9	4.4	6.3	4.4	0.6	1.0	2.2	8.2	0.0	0.0	0.0	0.0	0.0	0.0	37.2	0.9
1994	1.9	4.5	6.4	4.5	0.6	1.0	2.1	8.2	0.0	0.0	0.0	0.0	0.0	0.0	37.3	0.9

Table 7. Protein Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	23.9	3.1	2.9	29.9	9.1	2.6	1.4	1.5	14.6	5.2	4.9	36.8
1920-29	23.8	3.3	3.2	30.2	10.5	2.3	1.7	2.5	16.9	5.8	4.8	33.0
1930-39	23.2	3.4	2.9	29.5	11.1	2.2	2.0	3.7	19.0	5.7	5.7	30.5
1940-45	24.4	4.4	2.7	31.5	12.6	1.7	2.5	4.9	21.7	6.2	5.8	25.8
1950-59	25.4	5.1	3.3	33.8	12.7	1.3	3.5	5.8	23.3	7.0	5.5	22.0
1960-69	26.8	7.3	3.8	37.8	11.0	1.5	4.3	5.5	22.3	6.1	5.5	20.4
1970	27.8	8.4	4.1	40.3	9.4	2.3	4.8	4.7	21.2	5.7	5.4	19.1
1971	28.3	8.4	4.0	40.7	9.2	2.5	5.0	4.6	21.2	5.7	5.3	18.9
1972	27.6	8.8	4.3	40.6	8.9	2.7	5.3	4.2	21.1	5.6	5.8	18.7
1973	25.9	8.6	4.5	38.9	8.6	2.7	5.5	4.4	21.3	5.4	6.5	19.6
1974	27.8	8.6	4.3	40.6	8.1	2.8	5.7	3.9	20.5	5.3	6.0	19.4
1975	27.0	8.4	4.3	39.7	7.9	2.9	5.7	3.7	20.2	5.2	6.6	19.8
1976	27.1	8.8	4.3	40.2	7.4	3.5	5.9	3.8	20.6	4.9	6.4	19.6
1977	27.3	8.9	4.3	40.4	7.1	3.7	6.1	3.7	20.6	4.9	6.5	19.3
1978	26.5	9.2	4.5	40.3	6.9	3.9	6.4	3.9	21.1	5.0	6.4	19.2
1979	25.5	9.9	4.4	39.7	6.6	4.0	6.4	4.0	20.9	5.1	6.6	19.6
1980	25.5	9.9	4.4	39.7	6.6	4.0	6.4	4.0	20.9	5.1	6.6	19.6
1981	25.9	10.5	4.3	40.6	6.0	4.2	6.7	3.5	20.3	4.9	6.3	19.8
1982	24.9	10.5	4.2	39.6	5.7	4.2	7.2	3.5	20.6	4.8	6.8	20.0
1983	25.3	10.5	4.4	40.1	5.5	4.3	7.3	3.6	20.6	4.7	6.7	19.7
1984	25.2	10.5	4.5	40.1	5.3	4.3	7.5	3.7	20.8	4.7	6.3	19.8
1985	24.7	10.6	4.5	39.8	5.0	4.4	7.7	3.7	20.7	4.4	6.8	20.2
1986	24.3	10.9	4.5	39.7	4.7	4.6	7.7	3.9	20.8	4.4	6.5	20.5
1987	23.5	11.7	4.6	39.7	4.4	4.6	7.9	3.8	20.7	4.3	6.0	21.3
1988	23.5	11.8	4.5	39.8	4.1	4.6	7.6	3.6	20.0	4.2	6.5	21.7
1989	23.5	11.8	4.5	39.8	4.1	4.6	7.6	3.6	20.0	4.2	6.5	21.7
1990	22.1	12.2	4.5	38.7	3.5	5.2	7.8	3.7	20.2	3.9	6.2	23.0
1991	22.0	12.8	4.3	39.1	3.3	5.2	7.7	3.4	19.7	3.9	6.4	23.0
1992	22.1	13.0	4.2	39.3	3.2	5.2	7.8	3.5	19.6	3.8	6.3	23.1
1993	21.6	13.3	4.3	39.1	3.0	5.1	7.8	3.5	19.4	3.8	6.1	23.7
1994	21.7	13.4	4.2	39.3	2.9	5.0	7.8	3.6	19.3	3.8	6.0	23.7

Continued

Table 7. Protein Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.2	0.9	1.1	3.7	0.6	0.5	2.1	6.9	0.2	0.0	0.0	0.0	0.0	0.2	0.2	0.2
1920-29	0.2	1.1	1.3	3.3	0.7	0.5	2.6	7.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.8
1930-39	0.4	1.0	1.4	3.0	0.8	0.6	2.8	7.1	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.9
1940-49	0.5	0.9	1.4	2.6	0.7	0.6	2.7	6.6	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.0
1950-59	0.5	0.8	1.3	2.4	0.5	0.6	2.4	6.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.0
1960-69	0.4	0.8	1.2	2.5	0.4	0.6	2.2	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1970	0.5	0.7	1.2	2.5	0.4	0.7	2.3	5.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1971	0.5	0.7	1.3	2.4	0.4	0.7	2.3	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1972	0.6	0.7	1.2	2.4	0.4	0.7	2.2	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1973	0.6	0.7	1.2	2.4	0.4	0.6	2.3	5.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1974	0.6	0.7	1.3	2.4	0.4	0.7	2.3	5.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1975	0.6	0.7	1.3	2.5	0.4	0.7	2.3	6.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1976	0.6	0.7	1.3	2.5	0.4	0.7	2.3	5.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1977	0.6	0.7	1.3	2.4	0.4	0.7	2.3	5.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1978	0.6	0.7	1.3	2.4	0.4	0.6	2.3	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1979	0.6	0.7	1.3	2.4	0.4	0.7	2.3	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1980	0.6	0.7	1.3	2.4	0.4	0.7	2.3	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1981	0.6	0.7	1.3	2.4	0.4	0.7	2.2	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1982	0.6	0.8	1.3	2.3	0.4	0.7	2.2	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.1
1983	0.7	0.7	1.4	2.4	0.4	0.7	2.2	5.6	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1984	0.5	0.8	1.3	2.4	0.4	0.7	2.2	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1985	0.5	0.8	1.3	2.3	0.4	0.6	2.2	5.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1986	0.6	0.8	1.4	2.3	0.4	0.6	2.1	5.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1987	0.6	0.8	1.4	2.3	0.4	0.6	2.0	5.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1988	0.6	0.8	1.4	2.2	0.4	0.6	2.0	5.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1989	0.6	0.8	1.4	2.2	0.4	0.6	2.0	5.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.2
1990	0.5	0.8	1.2	2.2	0.4	0.7	2.0	5.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.4
1991	0.5	0.8	1.2	2.2	0.4	0.7	2.0	5.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1992	0.5	0.8	1.3	2.2	0.4	0.6	2.0	5.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1993	0.6	0.8	1.3	2.3	0.4	0.6	2.0	5.3	0.1	0.1	0.0	0.0	0.0	0.1	0.0	1.3
1994	0.6	0.8	1.3	2.3	0.4	0.6	1.9	5.3	0.1	0.1	0.0	0.0	0.0	0.1	0.0	1.2

Table 8. Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	32.5	1.5	0.7	34.7	8.3	0.2	1.3	4.7	14.6	3.3	2.2	4.0
1920-29	30.1	1.4	0.6	32.1	8.7	0.2	1.4	6.1	16.4	3.3	2.7	3.2
1930-39	27.4	1.4	0.6	29.4	8.7	0.2	1.6	6.5	16.9	3.1	2.9	2.8
1940-49	29.4	1.8	0.6	31.8	10.0	0.2	1.8	6.1	18.1	3.4	3.5	2.3
1950-59	28.9	2.1	0.7	31.6	9.3	0.2	2.2	4.8	16.6	3.7	3.3	1.8
1960-69	29.8	3.1	0.7	33.6	7.6	0.3	2.6	3.8	14.3	3.1	3.6	1.6
1970	29.9	3.9	0.7	34.6	6.1	0.7	2.8	3.0	12.6	2.8	3.4	1.5
1971	30.8	3.9	0.7	35.4	6.0	0.7	2.9	3.0	12.5	2.8	3.4	1.4
1972	29.3	4.0	0.8	34.1	5.7	0.8	3.1	2.9	12.5	2.8	3.6	1.4
1973	27.6	4.0	0.8	32.4	5.6	0.8	3.3	3.0	12.7	2.7	3.7	1.5
1974	29.2	3.9	0.8	33.9	5.2	0.8	3.5	3.0	12.5	2.6	3.5	1.5
1975	27.1	4.0	0.7	31.8	5.2	0.9	3.5	3.1	12.7	2.7	3.9	1.5
1976	27.3	4.1	0.7	32.1	4.8	1.0	3.7	3.0	12.5	2.5	3.5	1.5
1977	27.7	4.2	0.7	32.6	4.7	1.1	3.9	3.0	12.6	2.5	3.5	1.5
1978	26.6	4.4	0.7	31.7	4.5	1.1	4.0	3.0	12.5	2.6	3.6	1.5
1979	26.2	4.6	0.7	31.5	4.2	1.1	4.1	2.9	12.3	2.6	3.6	1.5
1980	26.4	4.6	0.7	31.7	4.0	1.2	4.1	2.9	12.1	2.5	3.1	1.5
1981	25.8	4.8	0.7	31.2	3.8	1.2	4.3	3.0	12.2	2.4	3.5	1.5
1982	24.3	4.9	0.6	29.7	3.6	1.2	4.7	3.0	12.5	2.4	3.8	1.5
1983	24.4	4.7	0.6	29.7	3.4	1.3	4.7	3.0	12.4	2.3	3.7	1.5
1984	24.4	4.9	0.6	29.8	3.4	1.2	4.9	3.1	12.6	2.4	3.8	1.5
1985	23.1	4.8	0.5	28.4	3.1	1.2	4.9	2.8	12.0	2.2	3.8	1.5
1986	22.1	5.0	0.5	27.7	3.0	1.3	5.0	2.9	12.2	2.2	3.8	1.6
1987	21.5	5.4	0.5	27.4	2.9	1.4	5.2	3.2	12.7	2.2	3.9	1.7
1988	21.7	5.5	0.5	27.8	2.7	1.4	5.0	3.2	12.3	2.2	4.0	1.8
1989	21.5	5.8	0.5	27.9	2.6	1.5	5.2	3.3	12.4	2.1	4.1	2.0
1990	20.4	5.7	0.5	26.7	2.4	1.5	5.3	3.2	12.3	2.1	3.9	2.1
1991	17.8	6.2	0.5	24.5	2.3	1.5	5.4	3.3	12.4	2.1	3.9	2.1
1992	17.7	6.3	0.5	24.5	2.2	1.5	5.5	3.2	12.3	2.1	3.8	2.1
1993	17.0	6.4	0.4	23.8	2.0	1.4	5.4	3.2	12.1	2.1	3.7	2.1
1994	17.4	6.6	0.4	24.5	2.0	1.5	5.6	3.2	12.3	2.1	3.6	2.2

Continued

Table 8. Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Marg-arine	Short-ening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweet-eners	Miscel-laneous
	Percent															
1909-19	0.0	0.5	0.5	0.1	0.1	0.1	0.3	0.6	13.9	1.7	9.7	11.7	2.2	39.2	0.0	0.9
1920-29	0.0	0.5	0.5	0.1	0.1	0.1	0.3	0.6	13.6	1.9	8.0	12.3	4.0	39.8	0.0	1.4
1930-39	0.0	0.4	0.5	0.1	0.1	0.1	0.3	0.6	13.5	1.9	9.7	11.6	5.5	42.2	0.0	1.7
1940-49	0.1	0.4	0.4	0.1	0.1	0.1	0.3	0.6	9.1	3.0	8.5	11.3	6.3	38.2	0.0	1.8
1950-59	0.1	0.4	0.4	0.1	0.1	0.1	0.3	0.5	6.5	5.9	9.8	9.6	8.8	40.5	0.0	1.6
1960-69	0.0	0.3	0.4	0.1	0.1	0.1	0.2	0.5	4.6	7.0	12.5	5.4	11.9	41.3	0.0	1.7
1970	0.1	0.3	0.4	0.1	0.0	0.1	0.2	0.5	3.6	7.1	14.0	3.7	14.3	42.7	0.0	1.7
1971	0.1	0.3	0.3	0.1	0.0	0.1	0.2	0.4	3.4	7.2	13.5	3.4	14.4	41.9	0.0	1.7
1972	0.1	0.3	0.4	0.1	0.0	0.1	0.2	0.4	3.3	7.3	14.2	3.0	15.3	43.0	0.0	1.9
1973	0.1	0.3	0.3	0.1	0.0	0.1	0.2	0.5	3.2	7.5	14.1	2.7	16.8	44.4	0.0	1.9
1974	0.1	0.3	0.4	0.1	0.0	0.1	0.2	0.5	3.0	7.5	13.9	2.6	16.5	43.6	0.0	1.7
1975	0.1	0.4	0.4	0.1	0.0	0.1	0.2	0.5	3.3	7.6	14.5	2.7	17.0	45.0	0.0	1.6
1976	0.1	0.3	0.4	0.1	0.0	0.1	0.2	0.5	2.9	7.9	14.5	2.4	17.7	45.3	0.0	1.7
1977	0.1	0.4	0.4	0.1	0.0	0.1	0.2	0.5	2.9	7.7	14.4	2.1	17.6	44.7	0.0	1.6
1978	0.1	0.4	0.4	0.1	0.0	0.1	0.2	0.5	3.0	7.6	14.8	2.0	18.4	45.7	0.0	1.6
1979	0.1	0.4	0.4	0.1	0.0	0.1	0.2	0.5	3.0	7.5	15.1	2.4	18.2	46.2	0.0	1.6
1980	0.1	0.3	0.4	0.1	0.0	0.1	0.2	0.5	3.0	7.5	14.8	3.0	18.3	46.6	0.0	1.6
1981	0.1	0.4	0.5	0.1	0.0	0.1	0.2	0.5	2.8	7.3	15.0	2.9	18.7	46.7	0.0	1.7
1982	0.1	0.5	0.5	0.1	0.0	0.1	0.2	0.5	2.9	7.3	15.2	3.1	19.0	47.4	0.0	1.7
1983	0.1	0.4	0.5	0.1	0.0	0.1	0.2	0.4	3.2	6.7	14.7	3.3	19.9	47.7	0.0	1.8
1984	0.1	0.5	0.5	0.1	0.1	0.1	0.2	0.5	3.2	6.7	17.1	3.1	16.9	47.0	0.0	1.9
1985	0.1	0.4	0.5	0.1	0.0	0.1	0.2	0.4	3.0	6.7	17.5	2.8	19.2	49.2	0.0	2.0
1986	0.1	0.4	0.5	0.1	0.0	0.1	0.2	0.4	2.9	7.1	17.0	2.7	20.0	49.6	0.0	2.0
1987	0.1	0.5	0.6	0.1	0.0	0.1	0.2	0.4	3.0	6.6	16.7	2.1	20.8	49.1	0.0	2.1
1988	0.1	0.4	0.5	0.1	0.0	0.1	0.2	0.4	2.8	6.4	16.7	2.0	21.0	49.0	0.0	2.1
1989	0.1	0.5	0.5	0.1	0.0	0.1	0.2	0.4	2.8	6.6	17.1	1.7	20.1	48.3	0.0	2.2
1990	0.1	0.4	0.5	0.1	0.1	0.1	0.2	0.5	2.8	7.0	17.7	2.0	20.2	49.7	0.0	2.4
1991	0.0	0.4	0.5	0.1	0.0	0.1	0.2	0.5	2.9	6.9	17.9	2.5	21.3	51.5	0.0	2.5
1992	0.0	0.5	0.5	0.1	0.1	0.1	0.2	0.5	2.8	7.0	17.6	3.2	21.2	51.8	0.0	2.5
1993	0.1	0.5	0.6	0.1	0.0	0.1	0.2	0.4	2.9	6.9	19.4	2.9	20.8	53.0	0.0	2.3
1994	0.1	0.4	0.5	0.1	0.1	0.1	0.2	0.5	3.0	6.3	18.8	3.9	20.2	52.2	0.0	2.3

Table 9. Saturated Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	35.7	0.9	0.3	36.9	11.4	0.3	1.9	6.5	20.0	2.3	0.8	1.5
1920-29	33.0	0.9	0.3	34.1	11.8	0.3	2.0	8.3	22.3	2.3	1.2	1.2
1930-39	30.2	0.9	0.3	31.3	11.8	0.3	2.2	8.9	23.1	2.1	1.4	1.0
1940-49	33.3	1.2	0.2	34.7	14.1	0.3	2.6	8.5	25.4	2.4	1.5	0.9
1950-59	31.5	1.4	0.3	33.2	14.0	0.3	3.4	7.2	24.9	2.8	1.8	0.7
1960-69	30.9	2.3	0.4	33.6	12.4	0.5	4.3	6.1	23.4	2.5	2.0	0.7
1970	33.7	3.1	0.4	37.2	10.8	1.2	5.0	5.4	22.3	2.5	1.9	0.7
1971	34.5	3.1	0.4	37.9	10.5	1.2	5.2	5.2	22.2	2.5	1.9	0.7
1972	33.3	3.3	0.4	37.0	10.2	1.4	5.6	5.1	22.4	2.4	2.1	0.7
1973	31.9	3.3	0.4	35.6	10.1	1.4	6.1	5.4	23.0	2.4	2.0	0.7
1974	33.6	3.2	0.4	37.2	9.4	1.4	6.4	5.3	22.6	2.4	1.9	0.7
1975	31.1	3.3	0.4	34.8	9.5	1.6	6.6	5.7	23.5	2.4	2.1	0.7
1976	31.3	3.4	0.4	35.1	8.8	1.8	6.9	5.5	23.1	2.3	2.0	0.7
1977	31.6	3.5	0.4	35.4	8.6	1.9	7.2	5.4	23.2	2.3	1.9	0.7
1978	30.4	3.6	0.4	34.4	8.2	2.0	7.6	5.4	23.2	2.3	2.0	0.7
1979	29.9	3.9	0.4	34.2	7.8	2.0	7.6	5.4	22.8	2.4	1.9	0.7
1980	30.1	3.9	0.4	34.3	7.3	2.2	7.7	5.3	22.5	2.3	1.7	0.7
1981	29.6	4.0	0.4	34.0	7.0	2.2	8.1	5.5	22.7	2.2	1.8	0.7
1982	28.1	4.1	0.3	32.5	6.7	2.2	8.9	5.6	23.4	2.3	2.0	0.8
1983	28.1	4.0	0.3	32.5	6.4	2.3	8.9	5.6	23.1	2.2	2.0	0.7
1984	27.7	4.1	0.3	32.0	6.2	2.3	9.2	5.7	23.3	2.2	2.0	0.7
1985	26.6	4.0	0.3	30.9	5.8	2.3	9.2	5.3	22.6	2.0	2.0	0.8
1986	25.6	4.2	0.3	30.1	5.5	2.5	9.5	5.5	22.9	2.0	2.0	0.8
1987	25.0	4.6	0.3	29.9	5.4	2.6	10.0	6.1	24.0	2.1	2.2	0.9
1988	25.5	4.7	0.3	30.6	5.1	2.6	9.8	6.1	23.6	2.1	2.2	0.9
1989	25.2	5.0	0.3	30.6	4.9	2.8	10.0	6.2	23.8	2.0	2.3	1.0
1990	24.1	5.0	0.3	29.4	4.5	2.8	10.3	6.2	23.8	2.0	2.2	1.1
1991	21.1	5.4	0.3	26.8	4.4	2.9	10.6	6.3	24.2	2.0	2.2	1.1
1992	20.8	5.5	0.3	26.6	4.1	2.9	10.7	6.1	23.8	2.0	2.2	1.1
1993	20.1	5.6	0.3	26.0	3.9	2.8	10.7	6.2	23.6	2.0	2.1	1.1
1994	20.3	5.8	0.3	26.4	3.8	2.8	10.9	6.2	23.6	2.0	2.1	1.1

Continued

Table 9. Saturated Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.3	19.1	1.3	5.4	10.1	1.2	37.1	0.0	1.2
1920-29	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	18.4	1.3	4.4	10.5	2.3	36.8	0.0	1.7
1930-39	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	18.4	1.0	5.4	10.0	3.8	38.6	0.0	2.1
1940-49	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	12.7	1.5	4.9	10.0	3.3	32.5	0.0	2.3
1950-59	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	9.7	3.2	6.5	9.0	5.8	34.1	0.0	2.1
1960-69	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	7.5	4.0	9.9	5.6	8.2	35.1	0.0	2.4
1970	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	6.3	3.9	11.6	4.1	6.7	32.7	0.0	2.5
1971	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	6.0	4.1	11.5	3.8	6.6	32.0	0.0	2.4
1972	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.8	4.2	12.0	3.3	7.1	32.4	0.0	2.8
1973	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.9	4.2	11.8	3.1	8.1	33.1	0.0	2.7
1974	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.4	4.4	11.8	3.0	7.8	32.4	0.0	2.4
1975	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.3	6.0	4.2	12.1	3.2	8.3	33.8	0.0	2.2
1976	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.3	5.3	4.5	12.8	2.8	8.6	34.0	0.0	2.5
1977	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.3	5.3	4.5	13.0	2.4	8.6	33.8	0.0	2.3
1978	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.4	4.4	13.6	2.3	8.9	34.6	0.0	2.3
1979	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.5	4.4	13.7	2.9	8.8	35.3	0.0	2.3
1980	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.5	4.4	13.5	3.8	8.7	35.9	0.0	2.3
1981	0.0	0.2	0.3	0.1	0.0	0.0	0.1	0.2	5.1	4.3	13.7	3.6	8.9	35.6	0.0	2.4
1982	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.3	4.2	13.7	4.0	9.0	36.1	0.0	2.5
1983	0.0	0.2	0.3	0.1	0.0	0.0	0.1	0.2	5.9	3.8	13.1	4.4	9.3	36.5	0.0	2.6
1984	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.8	3.8	15.1	3.9	7.8	36.5	0.0	2.8
1985	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.6	3.9	16.0	3.8	9.1	38.3	0.0	2.9
1986	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.3	4.1	15.6	3.6	10.0	38.6	0.0	3.0
1987	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.6	3.8	15.2	2.7	10.1	37.3	0.0	3.1
1988	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.4	3.8	15.3	2.6	10.1	37.1	0.0	3.1
1989	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.4	3.8	15.5	2.1	9.7	36.5	0.0	3.3
1990	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.4	4.1	15.7	2.6	9.6	37.4	0.0	3.7
1991	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.5	4.0	15.6	3.4	10.8	39.3	0.0	3.9
1992	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.4	4.1	15.2	4.5	10.9	40.0	0.0	3.8
1993	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.7	4.0	16.6	4.1	10.6	41.1	0.0	3.6
1994	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.8	3.6	16.0	5.5	10.0	40.9	0.0	3.4

Table 10. Monounsaturated Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	36.8	1.5	0.7	39.0	6.0	0.1	0.9	3.5	10.5	3.1	2.4	1.7
1920-29	34.7	1.4	0.6	36.6	6.4	0.1	1.0	4.5	12.0	3.2	2.9	1.4
1930-39	31.6	1.4	0.5	33.5	6.3	0.1	1.1	4.8	12.4	3.0	3.2	1.1
1940-49	33.5	1.8	0.5	35.7	7.2	0.1	1.3	4.5	13.1	3.3	3.9	0.9
1950-59	32.2	2.0	0.5	34.8	6.6	0.1	1.5	3.5	11.8	3.5	3.5	0.7
1960-69	33.5	3.1	0.5	37.1	5.5	0.2	1.8	2.7	10.2	2.9	3.9	0.6
1970	33.0	3.9	0.5	37.4	4.3	0.5	1.9	2.2	8.8	2.6	3.7	0.5
1971	34.0	3.9	0.5	38.4	4.2	0.5	2.0	2.1	8.8	2.6	3.8	0.5
1972	32.4	4.0	0.5	36.9	4.0	0.5	2.1	2.0	8.7	2.6	4.0	0.5
1973	30.8	4.0	0.6	35.3	4.0	0.5	2.3	2.1	8.9	2.5	4.2	0.6
1974	32.4	3.9	0.5	36.9	3.7	0.6	2.4	2.1	8.8	2.5	3.9	0.6
1975	29.6	4.0	0.5	34.1	3.7	0.6	2.4	2.2	9.0	2.5	4.3	0.6
1976	30.6	4.2	0.5	35.3	3.5	0.7	2.6	2.2	9.0	2.4	4.0	0.6
1977	31.1	4.4	0.5	35.9	3.4	0.8	2.8	2.2	9.1	2.4	4.1	0.6
1978	28.9	4.5	0.5	34.9	3.3	0.8	2.9	2.2	9.1	2.5	4.2	0.6
1979	29.5	4.8	0.5	34.7	3.1	0.8	2.9	2.1	8.9	2.5	4.2	0.6
1980	29.8	4.8	0.5	35.0	2.9	0.9	2.9	2.1	8.8	2.4	3.6	0.6
1981	29.0	4.9	0.5	34.3	2.8	0.9	3.0	2.2	8.8	2.3	4.0	0.6
1982	27.3	5.0	0.4	32.7	2.6	0.9	3.3	2.2	9.0	2.3	4.4	0.6
1983	27.5	4.9	0.4	32.8	2.5	0.9	3.3	2.2	9.0	2.3	4.3	0.6
1984	27.1	4.9	0.4	32.4	2.4	0.9	3.5	2.3	9.0	2.3	4.5	0.6
1985	25.8	4.9	0.4	31.0	2.3	0.9	3.4	2.1	8.6	2.1	4.5	0.6
1986	24.6	5.1	0.4	30.1	2.1	1.0	3.5	2.1	8.7	2.1	4.4	0.6
1987	24.0	5.5	0.4	29.8	2.1	1.0	3.7	2.3	9.1	2.1	4.5	0.7
1988	24.2	5.6	0.4	30.2	2.0	1.0	3.6	2.3	8.8	2.1	4.7	0.8
1989	24.0	5.9	0.4	30.2	1.9	1.1	3.6	2.4	8.9	2.0	4.8	0.9
1990	22.6	5.7	0.4	28.7	1.7	1.1	3.7	2.3	8.8	2.0	4.5	0.9
1991	19.4	6.2	0.4	26.0	1.7	1.1	3.8	2.3	8.8	2.0	4.6	1.0
1992	19.3	6.3	0.3	26.0	1.6	1.1	3.8	2.3	8.7	2.0	4.3	1.0
1993	18.4	6.3	0.3	25.0	1.4	1.0	3.8	2.3	8.5	1.9	4.2	1.0
1994	18.7	6.6	0.3	25.7	1.4	1.0	3.9	2.3	8.6	2.0	4.1	1.0

Continued

Table 10. Monounsaturated Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.0	0.2	0.2	0.0	0.0	0.1	0.1	0.2	10.0	2.1	15.5	13.1	1.5	42.2	0.0	0.8
1920-29	0.0	0.2	0.2	0.0	0.0	0.1	0.1	0.2	10.0	2.5	12.9	14.1	2.9	42.3	0.0	1.2
1930-39	0.0	0.2	0.2	0.0	0.0	0.1	0.1	0.2	9.9	2.7	15.6	13.2	3.6	45.0	0.0	1.5
1940-49	0.0	0.3	0.3	0.0	0.0	0.1	0.1	0.2	6.6	4.1	13.5	12.8	4.2	41.2	0.0	1.5
1950-59	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.2	4.6	8.1	14.6	10.6	6.1	44.0	0.0	1.3
1960-69	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	3.3	8.8	17.8	6.0	7.5	43.5	0.0	1.4
1970	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	2.5	8.2	19.4	4.1	10.9	45.0	0.0	1.5
1971	0.0	0.2	0.3	0.0	0.0	0.0	0.1	0.1	2.4	8.3	18.6	3.7	11.2	44.1	0.0	1.5
1972	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	2.3	8.3	19.5	3.3	11.9	45.3	0.0	1.7
1973	0.0	0.2	0.3	0.0	0.0	0.0	0.1	0.1	2.3	8.5	19.9	3.0	12.8	46.5	0.0	1.6
1974	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	2.1	8.6	19.5	2.9	12.6	45.6	0.0	1.5
1975	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.3	8.8	20.5	3.0	13.1	47.7	0.0	1.4
1976	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	2.1	8.5	19.3	2.7	14.1	46.7	0.0	1.6
1977	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.1	8.3	18.9	2.4	14.2	45.9	0.0	1.4
1978	0.0	0.3	0.4	0.0	0.0	0.0	0.1	0.1	2.2	8.1	19.5	2.3	14.7	46.8	0.0	1.4
1979	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	2.2	7.9	20.0	2.7	14.6	47.4	0.0	1.4
1980	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	2.2	8.0	19.7	3.4	14.7	47.8	0.0	1.4
1981	0.0	0.4	0.5	0.0	0.0	0.0	0.1	0.1	2.0	7.7	20.0	3.2	15.0	47.9	0.0	1.5
1982	0.0	0.4	0.5	0.0	0.0	0.0	0.1	0.1	2.1	7.7	20.4	3.4	15.3	48.8	0.0	1.5
1983	0.0	0.4	0.5	0.0	0.0	0.0	0.1	0.1	2.3	7.0	19.7	3.7	16.2	48.9	0.0	1.6
1984	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	2.3	7.0	22.7	3.3	13.6	48.9	0.0	1.7
1985	0.0	0.4	0.5	0.0	0.0	0.0	0.1	0.1	2.2	7.0	23.2	3.1	15.4	50.8	0.0	1.7
1986	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.1	7.4	22.6	2.9	16.8	51.8	0.0	1.8
1987	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	2.1	6.9	22.3	2.3	17.7	51.4	0.0	1.8
1988	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.0	6.7	22.5	2.2	17.7	51.2	0.0	1.8
1989	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.1	6.8	23.2	1.9	16.8	50.7	0.0	1.9
1990	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.0	7.2	24.0	2.2	17.1	52.6	0.0	2.1
1991	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.1	7.0	24.9	2.7	18.4	55.0	0.0	2.1
1992	0.0	0.4	0.5	0.0	0.0	0.0	0.1	0.1	2.0	7.0	24.4	3.4	18.5	55.4	0.0	2.1
1993	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	2.1	6.8	26.8	3.1	18.1	56.9	0.0	2.0
1994	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.2	6.1	26.0	4.1	17.9	56.3	0.0	1.9

Table 11. Polyunsaturated Fats Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	25.8	2.9	1.9	30.6	2.9	0.1	0.4	1.6	5.0	4.2	6.5	15.9
1920-29	23.6	2.6	2.0	28.2	2.9	0.1	0.4	2.0	5.3	4.1	7.3	12.2
1930-39	21.1	2.6	2.1	25.8	2.8	0.1	0.4	2.1	5.4	3.7	7.8	10.2
1940-49	20.9	3.2	1.9	25.9	3.0	0.1	0.4	1.8	5.3	3.8	8.7	7.9
1950-59	18.4	3.4	2.3	24.1	2.7	0.1	0.5	1.4	4.6	4.0	7.5	5.9
1960-69	15.8	4.5	2.2	22.4	1.9	0.1	0.5	0.9	3.4	2.9	7.0	4.5
1970	13.3	5.0	1.9	20.2	1.3	0.1	0.5	0.7	2.6	2.3	5.9	3.6
1971	14.0	5.0	1.8	20.8	1.3	0.2	0.5	0.6	2.6	2.3	6.0	3.5
1972	12.6	5.0	2.0	19.5	1.2	0.2	0.5	0.6	2.5	2.1	6.1	3.4
1973	11.1	4.7	2.1	17.9	1.1	0.2	0.5	0.6	2.4	2.0	6.1	3.4
1974	12.0	4.8	1.9	18.6	1.1	0.2	0.6	0.6	2.4	2.0	5.9	3.4
1975	10.6	4.7	1.7	16.9	1.1	0.2	0.6	0.6	2.4	2.0	6.5	3.4
1976	10.0	4.6	1.5	16.1	0.9	0.2	0.6	0.6	2.3	1.8	5.6	3.1
1977	10.4	4.8	1.5	16.7	0.9	0.2	0.6	0.6	2.3	1.8	5.7	3.2
1978	9.8	4.9	1.6	16.2	0.9	0.2	0.6	0.6	2.2	1.8	5.6	3.1
1979	10.2	5.1	1.5	16.8	0.8	0.2	0.6	0.6	2.2	1.8	5.6	3.1
1980	10.5	5.2	1.4	17.0	0.8	0.2	0.6	0.5	2.1	1.7	4.9	3.1
1981	10.0	5.3	1.4	16.6	0.7	0.2	0.6	0.6	2.1	1.7	5.4	3.0
1982	9.1	5.3	1.2	15.6	0.7	0.2	0.7	0.6	2.1	1.7	5.8	3.1
1983	9.2	5.2	1.1	15.4	0.6	0.2	0.7	0.6	2.1	1.6	5.6	3.0
1984	9.6	5.6	1.1	16.3	0.7	0.2	0.8	0.6	2.3	1.7	6.1	3.3
1985	8.8	5.3	1.1	15.1	0.6	0.2	0.7	0.5	2.1	1.5	5.8	3.1
1986	8.3	5.5	1.1	14.9	0.6	0.3	0.7	0.5	2.1	1.5	5.8	3.3
1987	8.1	5.9	1.0	15.0	0.5	0.3	0.8	0.6	2.1	1.5	5.7	3.4
1988	8.2	5.9	1.0	15.1	0.5	0.3	0.7	0.6	2.0	1.5	6.0	3.6
1989	8.2	6.3	1.0	15.5	0.5	0.3	0.8	0.6	2.1	1.4	6.1	3.9
1990	7.7	6.2	1.0	14.9	0.4	0.3	0.8	0.6	2.1	1.4	5.6	4.1
1991	6.6	6.7	0.9	14.1	0.4	0.3	0.8	0.6	2.1	1.4	5.8	4.2
1992	6.7	6.8	0.8	14.4	0.4	0.3	0.8	0.6	2.1	1.4	5.6	4.2
1993	6.5	6.9	0.8	14.2	0.4	0.3	0.8	0.6	2.0	1.4	5.4	4.3
1994	6.7	7.4	0.8	14.9	0.4	0.3	0.8	0.6	2.1	1.5	5.5	4.5

Continued

Table 11. Polyunsaturated Fats Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.0	1.3	1.3	0.6	0.3	0.5	1.1	2.5	4.8	1.9	6.2	12.2	8.5	33.6	0.0	0.4
1920-29	0.1	1.1	1.2	0.4	0.3	0.4	1.2	2.3	4.5	2.3	4.9	12.3	14.7	38.8	0.0	0.7
1930-39	0.1	1.0	1.1	0.4	0.3	0.5	1.2	2.3	4.4	2.7	5.8	11.5	18.6	43.0	0.0	0.7
1940-49	0.1	0.8	0.9	0.3	0.3	0.4	1.1	2.1	2.7	4.0	4.9	10.3	22.9	44.8	0.0	0.7
1950-59	0.1	0.7	0.8	0.3	0.2	0.4	0.9	1.7	1.9	7.9	5.7	8.3	27.1	50.8	0.0	0.6
1960-69	0.1	0.5	0.6	0.2	0.1	0.3	0.7	1.3	1.2	10.5	6.8	4.1	34.6	57.2	0.0	0.7
1970	0.1	0.4	0.5	0.2	0.1	0.2	0.6	1.2	0.8	12.0	7.6	2.5	40.1	62.9	0.0	0.9
1971	0.1	0.4	0.5	0.2	0.1	0.2	0.6	1.1	0.7	11.9	7.4	2.2	40.2	62.4	0.0	0.9
1972	0.1	0.4	0.5	0.2	0.1	0.2	0.6	1.1	0.7	12.0	7.6	1.9	41.7	63.9	0.0	0.9
1973	0.1	0.4	0.4	0.2	0.1	0.2	0.6	1.1	0.7	12.3	7.3	1.7	43.9	65.8	0.0	0.9
1974	0.1	0.4	0.5	0.2	0.1	0.2	0.6	1.1	0.6	11.9	7.2	1.6	43.9	65.2	0.0	0.9
1975	0.1	0.4	0.5	0.2	0.1	0.2	0.6	1.1	0.7	12.1	7.5	1.7	44.4	66.4	0.0	0.8
1976	0.1	0.4	0.4	0.2	0.1	0.2	0.6	1.1	0.6	13.7	9.9	1.4	43.2	68.8	0.0	0.9
1977	0.1	0.4	0.5	0.2	0.1	0.2	0.6	1.1	0.6	13.6	9.5	1.2	43.1	67.9	0.0	0.9
1978	0.1	0.4	0.5	0.2	0.1	0.2	0.5	1.0	0.6	13.2	9.3	1.1	44.6	68.8	0.0	0.8
1979	0.1	0.4	0.5	0.2	0.1	0.2	0.5	1.0	0.6	12.8	9.6	1.2	44.1	68.3	0.0	0.8
1980	0.1	0.4	0.5	0.2	0.1	0.2	0.5	1.0	0.6	12.9	9.4	1.4	44.6	68.8	0.0	0.8
1981	0.1	0.4	0.5	0.2	0.1	0.2	0.5	1.0	0.5	12.5	9.4	1.3	45.1	68.8	0.0	0.9
1982	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.5	12.6	9.5	1.4	45.4	69.4	0.0	0.9
1983	0.1	0.4	0.5	0.2	0.1	0.2	0.5	1.0	0.6	11.5	9.3	1.3	47.3	69.9	0.0	0.9
1984	0.1	0.5	0.6	0.2	0.1	0.2	0.5	1.1	0.6	12.3	11.0	1.3	42.5	67.7	0.0	1.0
1985	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.6	11.6	10.6	1.1	46.1	70.0	0.0	1.0
1986	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.5	12.4	10.3	1.0	45.7	69.9	0.0	1.0
1987	0.1	0.5	0.6	0.2	0.1	0.2	0.5	0.9	0.6	11.4	9.8	0.9	47.0	69.8	0.0	1.0
1988	0.1	0.5	0.5	0.2	0.1	0.2	0.5	0.9	0.5	11.0	9.5	0.9	47.5	69.4	0.0	1.0
1989	0.1	0.5	0.6	0.2	0.1	0.2	0.5	1.0	0.5	11.2	9.8	0.8	46.1	68.4	0.0	1.0
1990	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.5	12.0	10.2	0.9	45.6	69.3	0.0	1.1
1991	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.5	12.0	10.0	1.0	46.4	69.8	0.0	1.1
1992	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.5	12.5	9.9	1.1	45.7	69.7	0.0	1.1
1993	0.1	0.5	0.6	0.2	0.1	0.2	0.5	1.0	0.5	12.6	11.0	1.0	44.9	70.2	0.0	1.1
1994	0.1	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.6	11.8	11.0	1.3	44.3	68.9	0.0	1.1

Table 12. Cholesterol Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	27.3	3.1	2.0	32.5	9.3	0.6	1.2	4.5	15.5	38.2	0.0	0.0
1920-29	25.0	3.0	2.0	30.0	9.7	0.5	1.2	5.9	17.3	39.0	0.0	0.1
1930-39	24.1	3.1	1.8	29.1	10.1	0.5	1.5	6.6	18.7	38.1	0.0	0.1
1940-49	25.2	3.9	1.6	30.7	11.2	0.5	1.6	5.8	19.1	40.0	0.0	0.1
1950-59	24.6	4.5	1.8	30.9	10.4	0.4	2.0	4.5	17.4	43.7	0.0	0.0
1960-69	27.6	6.5	2.2	36.3	9.5	0.5	2.6	3.8	16.3	40.5	0.0	0.0
1970	29.6	7.6	2.5	39.8	8.2	0.9	3.0	3.2	15.2	39.3	0.0	0.0
1971	30.1	7.5	2.5	40.1	7.9	1.0	3.1	3.1	15.1	39.2	0.0	0.0
1972	29.7	8.0	2.6	40.3	7.8	1.1	3.4	3.0	15.2	39.1	0.0	0.0
1973	28.8	8.1	2.8	39.6	7.8	1.1	3.7	3.2	15.8	39.4	0.0	0.0
1974	30.6	8.0	2.7	41.3	7.3	1.2	3.9	3.1	15.4	38.3	0.0	0.0
1975	30.1	8.0	2.8	40.9	7.2	1.2	3.9	3.3	15.5	38.5	0.0	0.0
1976	31.1	8.5	2.9	42.5	6.8	1.4	4.2	3.2	15.7	37.2	0.0	0.0
1977	31.2	8.6	2.9	42.6	6.6	1.5	4.3	3.2	15.5	37.1	0.0	0.0
1978	29.9	8.9	2.9	41.7	6.3	1.5	4.5	3.2	15.5	37.8	0.0	0.0
1979	29.1	9.5	2.8	41.3	6.0	1.5	4.6	3.2	15.3	38.3	0.0	0.0
1980	29.4	9.6	2.9	41.9	5.7	1.7	4.7	3.2	15.2	37.5	0.0	0.0
1981	29.5	10.0	2.9	42.4	5.5	1.7	4.9	3.3	15.3	37.1	0.0	0.0
1982	28.4	10.2	2.9	41.4	5.3	1.7	5.5	3.3	15.8	37.6	0.0	0.0
1983	29.0	10.0	3.0	42.0	5.1	1.8	5.5	3.4	15.8	36.5	0.0	0.0
1984	28.8	10.0	3.1	41.9	5.0	1.8	5.7	3.5	15.9	36.5	0.0	0.0
1985	28.8	10.2	3.3	42.4	4.8	1.9	6.0	3.3	15.9	35.7	0.0	0.0
1986	28.3	10.8	3.3	42.4	4.6	2.0	6.1	3.5	16.1	35.8	0.0	0.0
1987	27.4	11.6	3.4	42.4	4.4	2.0	6.3	3.8	16.5	35.8	0.0	0.0
1988	27.9	12.0	3.4	43.3	4.2	2.1	6.2	3.8	16.3	35.3	0.0	0.0
1989	27.8	12.7	3.6	44.1	4.0	2.2	6.3	3.8	16.3	34.7	0.0	0.0
1990	27.3	12.8	3.5	43.6	3.7	2.3	6.6	3.9	16.5	34.9	0.0	0.0
1991	26.4	13.8	3.5	43.7	3.6	2.4	6.7	3.9	16.5	34.9	0.0	0.0
1992	26.5	13.9	3.5	43.8	3.4	2.3	6.8	3.8	16.4	34.6	0.0	0.0
1993	25.9	14.3	3.5	43.7	3.3	2.3	6.9	3.9	16.3	34.7	0.0	0.0
1994	25.9	14.4	3.6	43.8	3.1	2.3	6.9	3.9	16.1	34.4	0.0	0.0

Continued

Table 12. Cholesterol Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Marg-arine	Short-ening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweet-eners	Miscel-laneous
	Percent															
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.3	0.3	0.2	3.0	0.0	13.7	0.0	0.0
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.1	0.2	0.2	3.2	0.0	13.7	0.0	0.0
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.6	0.1	0.3	3.2	0.0	14.1	0.0	0.0
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.9	0.1	0.2	3.0	0.0	10.1	0.0	0.0
1950-59	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	0.1	0.6	2.5	0.0	8.0	0.0	0.0
1960-69	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.1	1.3	1.6	0.0	6.8	0.0	0.0
1970	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	0.1	1.3	1.2	0.0	5.7	0.0	0.0
1971	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.2	1.4	1.1	0.0	5.7	0.0	0.0
1972	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.2	1.4	1.0	0.0	5.4	0.0	0.0
1973	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	1.2	0.9	0.0	5.2	0.0	0.0
1974	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.2	1.3	0.9	0.0	5.1	0.0	0.0
1975	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	1.1	0.9	0.0	5.0	0.0	0.0
1976	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.1	1.1	0.8	0.0	4.6	0.0	0.0
1977	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.1	1.3	0.7	0.0	4.8	0.0	0.0
1978	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.1	1.4	0.7	0.0	4.9	0.0	0.0
1979	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.1	1.4	0.8	0.0	5.1	0.0	0.0
1980	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.1	1.4	1.1	0.0	5.4	0.0	0.0
1981	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.1	1.4	1.0	0.0	5.2	0.0	0.0
1982	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	1.2	1.1	0.0	5.2	0.0	0.0
1983	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.1	1.2	1.3	0.0	5.6	0.0	0.0
1984	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.1	1.4	1.1	0.0	5.7	0.0	0.0
1985	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.1	1.7	1.1	0.0	6.0	0.0	0.0
1986	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	1.6	1.1	0.0	5.7	0.0	0.0
1987	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	1.4	0.8	0.0	5.3	0.0	0.0
1988	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	1.4	0.8	0.0	5.1	0.0	0.0
1989	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	1.4	0.6	0.0	4.9	0.0	0.0
1990	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	1.2	0.8	0.0	4.9	0.0	0.0
1991	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	0.9	1.0	0.0	4.9	0.0	0.0
1992	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.9	1.3	0.0	5.2	0.0	0.0
1993	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	0.0	0.9	1.2	0.0	5.2	0.0	0.0
1994	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	0.1	0.8	1.6	0.0	5.6	0.0	0.0

Table 13. Vitamin A Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	28.5	4.4	0.7	33.5	7.8	0.2	1.3	4.3	13.6	6.4	0.0	1.7
1920-29	25.5	4.1	0.5	30.1	8.2	0.2	1.4	5.7	15.4	6.5	0.0	1.2
1930-39	22.8	4.1	0.4	27.3	8.3	0.2	1.5	6.0	16.0	6.1	0.0	0.9
1940-49	26.0	5.1	0.3	31.4	9.1	0.2	1.7	5.3	16.3	6.4	0.0	0.6
1950-59	26.1	5.3	0.4	31.9	9.1	0.2	2.2	4.9	16.5	7.5	0.0	0.4
1960-69	26.0	5.4	0.5	31.9	7.8	0.3	2.6	6.7	17.4	6.5	0.0	0.3
1970	24.5	4.4	0.5	29.3	5.8	0.6	2.7	7.9	17.0	5.5	0.0	0.3
1971	24.5	4.2	0.4	29.2	5.6	0.7	2.8	7.8	16.9	5.5	0.0	0.3
1972	23.1	4.3	0.4	27.9	5.4	0.7	2.9	7.7	16.7	5.3	0.0	0.3
1973	21.2	4.1	0.5	25.8	5.1	0.7	3.1	7.7	16.6	5.1	0.0	0.3
1974	22.5	3.8	0.4	26.8	4.7	0.7	3.2	7.5	16.0	4.8	0.0	0.3
1975	21.5	3.7	0.4	25.7	4.5	0.8	3.1	7.6	16.0	4.8	0.0	0.3
1976	22.0	3.8	0.4	26.3	4.3	0.9	3.3	7.4	15.9	4.6	0.0	0.3
1977	22.4	3.9	0.4	26.7	4.2	1.0	3.6	7.7	16.4	4.7	0.0	0.3
1978	21.4	4.0	0.5	25.9	4.1	1.0	3.8	7.8	16.7	4.8	0.0	0.3
1979	20.6	4.2	0.4	25.1	3.9	1.0	3.8	7.6	16.3	4.8	0.0	0.3
1980	20.6	4.1	0.4	25.1	3.7	1.1	3.9	7.7	16.4	4.8	0.0	0.3
1981	20.4	4.1	0.5	25.0	3.5	1.1	4.1	7.8	16.5	4.7	0.0	0.3
1982	18.7	3.9	0.4	23.1	3.4	1.1	4.5	7.8	16.8	4.7	0.0	0.4
1983	19.9	3.7	0.5	24.1	3.3	1.2	4.7	8.0	17.2	4.7	0.0	0.4
1984	19.5	3.3	0.5	23.3	3.2	1.2	4.7	7.9	17.0	4.6	0.0	0.4
1985	19.1	3.0	0.5	22.6	3.1	1.2	5.0	7.9	17.2	4.5	0.0	0.4
1986	19.0	3.3	0.5	22.7	2.9	1.4	5.1	8.0	17.4	4.5	0.0	0.5
1987	18.5	3.6	0.5	22.5	2.8	1.3	5.3	8.2	17.5	4.5	0.0	0.5
1988	18.1	3.6	0.5	22.2	2.7	1.4	5.3	8.5	17.9	4.5	0.0	0.6
1989	17.8	3.5	0.5	21.8	2.5	1.4	5.2	8.3	17.4	4.3	0.0	0.6
1990	17.4	3.3	0.5	21.2	2.2	1.4	5.3	8.1	17.0	4.1	0.0	0.6
1991	17.8	3.6	0.5	21.9	2.2	1.5	5.5	8.3	17.4	4.2	0.0	0.6
1992	17.5	3.4	0.5	21.4	2.1	1.4	5.5	8.1	17.1	4.1	0.0	0.6
1993	17.2	3.2	0.5	20.9	2.0	1.4	5.6	8.2	17.2	4.1	0.0	0.7
1994	17.5	3.4	0.5	21.4	1.9	1.4	5.8	8.2	17.4	4.2	0.0	0.7

Continued

Table 13. Vitamin A Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oil							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.2	4.3	4.5	0.0	20.9	2.8	3.4	27.2	13.1	0.0	0.0	0.0	0.0	13.1	0.0	0.1
1920-29	0.4	4.2	4.6	0.0	22.1	2.4	4.2	28.7	12.9	0.0	0.0	0.0	0.0	12.9	0.0	0.6
1930-39	0.6	4.2	4.7	0.0	23.7	2.7	4.7	31.1	12.9	0.2	0.0	0.0	0.0	13.1	0.0	0.7
1940-49	0.8	3.7	4.4	0.0	21.6	3.0	4.5	29.1	8.4	2.7	0.0	0.0	0.0	11.1	0.0	0.6
1950-59	0.7	3.5	4.1	0.0	17.4	2.9	4.2	24.5	6.3	8.0	0.0	0.0	0.0	14.4	0.0	0.7
1960-69	0.6	3.0	3.6	0.0	17.1	2.5	4.1	23.7	4.7	10.1	0.0	0.0	0.0	14.8	0.0	1.7
1970	0.5	2.6	3.1	0.0	20.3	2.6	4.1	27.0	3.4	9.7	0.0	0.0	0.0	13.0	0.0	4.8
1971	0.5	2.5	3.0	0.0	20.9	2.8	4.0	27.6	3.2	9.7	0.0	0.0	0.0	12.9	0.0	4.6
1972	0.5	2.3	2.8	0.0	23.0	2.6	3.8	29.4	3.1	9.7	0.0	0.0	0.0	12.8	0.0	4.8
1973	0.5	2.3	2.8	0.0	25.2	2.5	4.0	31.7	3.0	9.9	0.0	0.0	0.0	12.8	0.0	4.9
1974	0.5	2.1	2.6	0.0	25.9	2.5	3.8	32.2	2.7	9.6	0.0	0.0	0.0	12.3	0.0	5.0
1975	0.6	2.1	2.7	0.0	27.1	2.5	3.8	33.4	2.8	9.5	0.0	0.0	0.0	12.3	0.0	4.8
1976	0.6	2.1	2.7	0.0	26.2	2.6	3.9	32.8	2.6	10.1	0.0	0.0	0.0	12.7	0.0	4.7
1977	0.6	2.3	2.9	0.0	24.6	2.6	4.1	31.3	2.6	10.0	0.0	0.0	0.0	12.7	0.0	5.0
1978	0.5	2.4	2.9	0.0	25.0	2.5	4.0	31.6	2.7	10.1	0.0	0.0	0.0	12.8	0.0	4.9
1979	0.5	2.3	2.8	0.0	26.4	2.6	4.1	33.1	2.8	9.8	0.0	0.0	0.0	12.6	0.0	4.9
1980	0.6	2.3	2.9	0.0	25.9	2.7	4.0	32.6	2.8	10.0	0.0	0.0	0.0	12.8	0.0	5.0
1981	0.5	2.3	2.8	0.0	26.5	2.6	3.9	32.9	2.6	9.9	0.0	0.0	0.0	12.5	0.0	5.2
1982	0.5	2.5	3.0	0.0	28.0	2.6	3.8	34.5	2.7	9.8	0.0	0.0	0.0	12.5	0.0	5.1
1983	0.6	2.3	2.9	0.0	26.7	2.6	3.8	33.1	3.1	9.3	0.0	0.0	0.0	12.4	0.0	5.2
1984	0.5	2.6	3.1	0.0	27.7	2.8	3.8	34.3	3.0	9.1	0.0	0.0	0.0	12.1	0.0	5.3
1985	0.5	2.6	3.1	0.0	27.3	2.7	4.1	34.1	3.0	9.6	0.0	0.0	0.0	12.6	0.0	5.5
1986	0.6	2.8	3.3	0.0	26.2	2.8	4.0	32.9	2.9	10.2	0.0	0.0	0.0	13.1	0.0	5.5
1987	0.5	2.8	3.3	0.0	27.6	2.6	3.8	34.1	2.9	9.2	0.0	0.0	0.0	12.1	0.0	5.5
1988	0.6	2.7	3.3	0.0	26.4	2.7	4.1	33.2	2.9	9.4	0.0	0.0	0.0	12.3	0.0	6.1
1989	0.5	2.9	3.4	0.0	27.8	2.8	4.1	34.7	2.8	9.2	0.0	0.0	0.0	11.9	0.0	5.9
1990	0.4	2.7	3.2	0.0	28.4	2.9	4.0	35.4	2.7	9.6	0.0	0.0	0.0	12.3	0.0	6.2
1991	0.5	2.7	3.2	0.0	27.2	3.0	4.1	34.3	2.8	9.5	0.0	0.0	0.0	12.3	0.0	6.1
1992	0.5	2.6	3.1	0.0	28.1	2.8	4.0	34.9	2.7	9.6	0.0	0.0	0.0	12.3	0.0	6.4
1993	0.6	2.7	3.2	0.0	28.0	2.9	4.0	35.0	2.9	9.7	0.0	0.0	0.0	12.6	0.0	6.3
1994	0.6	2.8	3.3	0.0	28.4	2.9	4.0	35.3	3.0	8.8	0.0	0.0	0.0	11.7	0.0	6.1

Table 14. Carotene Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	0.0	0.0	0.0	0.0	2.1	0.0	0.2	1.3	3.6	0.0	0.0	4.5
1920-29	0.0	0.0	0.0	0.0	2.0	0.0	0.2	1.6	3.9	0.0	0.0	2.9
1930-39	0.0	0.0	0.0	0.0	1.9	0.0	0.2	1.6	3.7	0.0	0.0	2.2
1940-49	0.0	0.0	0.0	0.0	2.3	0.0	0.3	1.5	4.1	0.0	0.1	1.5
1950-59	0.0	0.0	0.0	0.0	2.7	0.0	0.4	1.3	4.4	0.0	0.1	1.1
1960-69	0.0	0.0	0.0	0.0	2.4	0.1	0.5	1.1	4.2	0.0	0.1	1.0
1970	0.0	0.0	0.0	0.0	1.7	0.2	0.5	0.8	3.2	0.0	0.1	0.8
1971	0.0	0.0	0.0	0.0	1.6	0.2	0.5	0.8	3.1	0.0	0.1	0.8
1972	0.0	0.0	0.0	0.0	1.4	0.2	0.5	0.7	2.9	0.0	0.1	0.7
1973	0.0	0.0	0.0	0.0	1.3	0.2	0.5	0.7	2.7	0.0	0.1	0.7
1974	0.0	0.0	0.0	0.0	1.2	0.2	0.5	0.7	2.5	0.0	0.1	0.6
1975	0.0	0.0	0.0	0.0	1.1	0.2	0.5	0.7	2.5	0.0	0.1	0.6
1976	0.0	0.0	0.0	0.0	1.1	0.2	0.5	0.7	2.5	0.0	0.1	0.6
1977	0.0	0.0	0.0	0.0	1.1	0.3	0.6	0.7	2.6	0.0	0.1	0.7
1978	0.0	0.0	0.0	0.0	1.0	0.3	0.6	0.7	2.7	0.0	0.1	0.7
1979	0.0	0.0	0.0	0.0	0.9	0.3	0.6	0.7	2.5	0.0	0.1	0.7
1980	0.0	0.0	0.0	0.0	0.9	0.3	0.6	0.7	2.5	0.0	0.1	0.8
1981	0.0	0.0	0.0	0.0	0.9	0.3	0.6	0.7	2.5	0.0	0.1	0.8
1982	0.0	0.0	0.0	0.0	0.8	0.3	0.7	0.7	2.4	0.0	0.1	0.8
1983	0.0	0.0	0.0	0.0	0.8	0.3	0.7	0.7	2.6	0.0	0.1	0.9
1984	0.0	0.0	0.0	0.0	0.7	0.3	0.7	0.7	2.4	0.0	0.1	0.9
1985	0.0	0.0	0.0	0.0	0.7	0.3	0.7	0.7	2.4	0.0	0.1	0.9
1986	0.0	0.0	0.0	0.0	0.7	0.4	0.8	0.7	2.5	0.0	0.1	1.1
1987	0.0	0.0	0.0	0.0	0.6	0.3	0.8	0.7	2.5	0.0	0.1	1.1
1988	0.0	0.0	0.0	0.0	0.6	0.4	0.8	0.7	2.5	0.0	0.1	1.2
1989	0.0	0.0	0.0	0.0	0.6	0.4	0.7	0.7	2.4	0.0	0.1	1.2
1990	0.0	0.0	0.0	0.0	0.5	0.3	0.7	0.7	2.2	0.0	0.1	1.2
1991	0.0	0.0	0.0	0.0	0.5	0.4	0.8	0.7	2.3	0.0	0.1	1.3
1992	0.0	0.0	0.0	0.0	0.5	0.4	0.8	0.7	2.2	0.0	0.1	1.3
1993	0.0	0.0	0.0	0.0	0.4	0.3	0.8	0.7	2.2	0.0	0.1	1.3
1994	0.0	0.0	0.0	0.0	0.4	0.3	0.8	0.7	2.3	0.0	0.1	1.4

Continued

Table 14. Carotene Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.7	11.8	12.5	0.0	57.8	7.8	9.5	75.1	4.0	0.0	0.0	0.0	0.0	4.0	0.0	0.3
1920-29	1.0	11.2	12.1	0.0	58.1	6.4	11.1	75.6	3.7	0.0	0.0	0.0	0.0	3.7	0.0	1.7
1930-39	1.4	10.3	11.7	0.0	58.6	6.7	11.7	77.1	3.5	0.0	0.0	0.0	0.0	3.5	0.0	1.8
1940-49	2.0	10.0	12.0	0.0	58.2	8.0	12.1	78.4	2.5	0.0	0.0	0.0	0.0	2.5	0.0	1.5
1950-59	2.1	10.7	12.8	0.0	53.8	9.0	13.0	75.8	2.2	1.6	0.0	0.0	0.0	3.7	0.0	2.0
1960-69	1.8	9.7	11.5	0.0	55.0	8.1	13.1	76.2	1.7	2.7	0.0	0.0	0.0	4.3	0.0	2.8
1970	1.5	7.6	9.1	0.0	60.2	7.8	12.1	80.1	1.1	2.4	0.0	0.0	0.0	3.5	0.0	3.3
1971	1.6	7.3	8.9	0.0	61.3	8.1	11.7	81.1	1.0	2.3	0.0	0.0	0.0	3.4	0.0	2.7
1972	1.5	6.4	7.9	0.0	63.9	7.3	10.6	81.8	0.9	2.2	0.0	0.0	0.0	3.2	0.0	3.5
1973	1.4	5.9	7.3	0.0	66.1	6.6	10.4	83.1	0.9	2.1	0.0	0.0	0.0	3.0	0.0	3.2
1974	1.4	5.3	6.7	0.0	67.1	6.5	9.7	83.3	0.8	2.0	0.0	0.0	0.0	2.8	0.0	3.9
1975	1.5	5.4	6.9	0.0	68.2	6.4	9.6	84.1	0.8	2.0	0.0	0.0	0.0	2.8	0.0	3.1
1976	1.5	5.5	7.0	0.0	67.1	6.8	9.9	83.8	0.7	2.1	0.0	0.0	0.0	2.8	0.0	3.2
1977	1.5	6.0	7.5	0.0	64.9	6.9	10.7	82.6	0.8	2.2	0.0	0.0	0.0	2.9	0.0	3.6
1978	1.4	6.3	7.7	0.0	65.4	6.6	10.6	82.6	0.8	2.2	0.0	0.0	0.0	3.0	0.0	3.2
1979	1.3	5.7	7.0	0.0	66.7	6.7	10.2	83.5	0.8	2.0	0.0	0.0	0.0	2.8	0.0	3.4
1980	1.5	5.8	7.3	0.0	65.9	6.9	10.1	82.9	0.8	2.1	0.0	0.0	0.0	2.9	0.0	3.6
1981	1.4	5.7	7.1	0.0	66.6	6.5	9.7	82.8	0.7	2.0	0.0	0.0	0.0	2.8	0.0	3.9
1982	1.3	6.0	7.3	0.0	67.7	6.3	9.3	83.3	0.7	2.0	0.0	0.0	0.0	2.7	0.0	3.5
1983	1.5	5.8	7.3	0.0	66.5	6.6	9.6	82.7	0.8	1.9	0.0	0.0	0.0	2.8	0.0	3.8
1984	1.2	6.2	7.4	0.0	66.7	6.8	9.1	82.6	0.8	1.8	0.0	0.0	0.0	2.6	0.0	4.0
1985	1.2	6.3	7.5	0.0	65.6	6.5	9.9	81.9	0.8	1.9	0.0	0.0	0.0	2.7	0.0	4.4
1986	1.4	6.8	8.2	0.0	64.2	6.8	9.9	80.9	0.8	2.1	0.0	0.0	0.0	2.8	0.0	4.5
1987	1.3	6.7	7.9	0.0	65.9	6.3	9.1	81.4	0.8	1.8	0.0	0.0	0.0	2.6	0.0	4.5
1988	1.4	6.5	7.9	0.0	63.8	6.5	9.8	80.0	0.8	1.9	0.0	0.0	0.0	2.6	0.0	5.6
1989	1.2	6.8	8.0	0.0	64.7	6.6	9.5	80.8	0.7	1.8	0.0	0.0	0.0	2.5	0.0	5.2
1990	1.0	6.2	7.2	0.0	65.0	6.7	9.2	80.9	0.7	1.8	0.0	0.0	0.0	2.5	0.0	5.9
1991	1.1	6.4	7.5	0.0	64.0	7.1	9.6	80.6	0.7	1.8	0.0	0.0	0.0	2.6	0.0	5.6
1992	1.1	6.0	7.2	0.0	64.5	6.5	9.3	80.3	0.7	1.8	0.0	0.0	0.0	2.5	0.0	6.5
1993	1.3	6.2	7.4	0.0	64.3	6.7	9.2	80.1	0.7	1.8	0.0	0.0	0.0	2.6	0.0	6.3
1994	1.3	6.3	7.6	0.0	64.9	6.7	9.1	80.7	0.7	1.6	0.0	0.0	0.0	2.4	0.0	5.6

Table 15. Vitamin E Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	5.7	0.8	1.8	8.3	3.9	0.7	0.3	1.8	6.8	5.4	6.5	16.8
1920-29	5.1	0.7	1.7	7.5	4.0	0.6	0.3	2.3	7.2	5.3	6.9	13.0
1930-39	4.3	0.7	1.6	6.6	3.7	0.6	0.3	2.3	6.9	4.6	6.7	10.6
1940-49	4.4	0.8	1.4	6.7	4.1	0.6	0.4	2.1	7.1	4.8	7.7	8.5
1950-59	4.0	0.9	1.8	6.6	3.6	0.4	0.4	1.5	5.9	5.0	6.5	6.5
1960-69	3.6	1.1	1.8	6.5	2.7	0.2	0.5	1.1	4.5	3.9	6.4	5.3
1970	3.4	1.2	1.7	6.3	2.0	0.4	0.5	0.8	3.7	3.3	5.9	4.5
1971	3.6	1.2	1.7	6.5	2.0	0.4	0.5	0.9	3.8	3.4	6.1	4.5
1972	3.3	1.2	1.8	6.3	1.9	0.4	0.6	0.8	3.7	3.2	6.1	4.3
1973	2.9	1.1	1.8	5.8	1.7	0.4	0.6	0.8	3.5	2.9	6.0	4.3
1974	3.2	1.1	1.7	6.0	1.7	0.4	0.6	0.8	3.5	2.9	5.7	4.3
1975	2.8	1.1	1.7	5.5	1.6	0.4	0.6	0.8	3.3	2.8	6.2	4.4
1976	2.8	1.1	1.6	5.5	1.5	0.4	0.6	0.8	3.3	2.7	5.8	4.4
1977	2.9	1.2	1.7	5.8	1.5	0.5	0.7	0.8	3.4	2.8	6.0	4.5
1978	2.7	1.2	1.7	5.6	1.4	0.5	0.7	0.8	3.3	2.8	5.9	4.3
1979	2.8	1.2	1.6	5.6	1.3	0.5	0.7	0.8	3.2	2.8	5.8	4.4
1980	2.8	1.2	1.5	5.6	1.2	0.5	0.7	0.8	3.2	2.7	5.1	4.4
1981	2.8	1.3	1.5	5.6	1.2	0.5	0.7	0.8	3.2	2.6	5.8	4.4
1982	2.5	1.2	1.4	5.2	1.1	0.5	0.8	0.8	3.1	2.6	6.3	4.3
1983	2.6	1.2	1.4	5.2	1.0	0.5	0.8	0.8	3.1	2.5	6.1	4.3
1984	2.6	1.3	1.5	5.3	1.0	0.5	0.8	0.8	3.2	2.6	6.5	4.5
1985	2.4	1.2	1.4	5.0	0.9	0.5	0.8	0.8	3.0	2.3	6.6	4.3
1986	2.3	1.2	1.4	4.9	0.9	0.5	0.8	0.8	3.0	2.3	6.0	4.4
1987	2.3	1.3	1.4	5.0	0.8	0.5	0.8	0.8	3.0	2.3	6.0	4.5
1988	2.3	1.3	1.3	4.9	0.8	0.5	0.8	0.8	2.9	2.2	6.3	4.6
1989	2.2	1.4	1.4	5.0	0.7	0.6	0.8	0.8	2.9	2.1	6.4	4.7
1990	2.1	1.3	1.3	4.8	0.7	0.6	0.9	0.8	2.8	2.1	6.0	4.9
1991	1.9	1.4	1.2	4.6	0.6	0.6	0.9	0.7	2.8	2.0	5.9	4.9
1992	2.0	1.4	1.2	4.6	0.6	0.6	0.9	0.7	2.8	2.0	5.8	4.9
1993	1.9	1.4	1.2	4.5	0.6	0.5	0.9	0.7	2.7	2.0	5.4	4.9
1994	2.0	1.5	1.3	4.8	0.6	0.6	0.9	0.8	2.8	2.1	5.5	5.1

Continued

Table 15. Vitamin E Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.5	6.9	7.4	1.3	1.9	3.3	4.1	10.6	4.3	2.5	19.6	2.2	9.4	38.0	0.0	0.3
1920-29	0.7	6.5	7.2	1.0	2.6	2.9	4.6	11.1	4.0	3.2	15.4	2.2	16.2	41.1	0.0	0.7
1930-39	0.9	5.6	6.5	0.8	2.8	3.1	4.5	11.3	3.8	3.9	17.5	2.0	19.0	46.1	0.0	0.7
1940-49	1.2	4.9	6.1	0.7	2.6	3.9	4.2	11.5	2.4	6.0	14.4	1.8	22.3	46.9	0.0	0.7
1950-59	1.1	4.1	5.2	0.6	1.8	3.9	3.5	9.8	1.6	11.6	13.7	1.5	25.6	53.9	0.0	0.6
1960-69	0.9	3.3	4.2	0.5	1.3	3.5	2.9	8.3	1.1	12.4	14.5	0.8	31.4	60.2	0.0	0.6
1970	0.9	3.1	3.9	0.5	1.1	3.8	2.7	8.1	0.8	12.0	16.5	0.5	33.8	63.6	0.0	0.7
1971	1.0	3.1	4.1	0.5	1.1	4.2	2.7	8.5	0.8	12.0	15.5	0.5	33.8	62.6	0.0	0.7
1972	1.0	2.8	3.7	0.5	1.1	3.9	2.5	8.0	0.7	12.0	16.3	0.4	34.5	64.0	0.0	0.7
1973	0.9	2.7	3.6	0.5	1.1	3.4	2.5	7.5	0.7	11.9	16.0	0.3	36.9	65.8	0.0	0.7
1974	1.0	2.8	3.8	0.5	1.1	3.8	2.5	7.9	0.6	11.7	15.9	0.3	36.7	65.3	0.0	0.7
1975	1.1	2.9	4.0	0.5	1.1	3.8	2.5	7.8	0.6	12.0	16.7	0.3	35.8	65.4	0.0	0.6
1976	1.0	2.8	3.9	0.5	1.1	3.9	2.5	7.9	0.6	12.5	15.7	0.3	36.7	65.8	0.0	0.7
1977	1.0	3.0	4.0	0.5	1.1	3.9	2.6	8.0	0.6	12.3	15.3	0.3	36.5	64.9	0.0	0.6
1978	0.9	2.8	3.8	0.5	1.0	3.5	2.4	7.4	0.6	11.9	15.3	0.2	38.3	66.3	0.0	0.6
1979	0.9	2.8	3.7	0.5	1.1	3.8	2.4	7.8	0.6	11.6	15.9	0.3	37.5	66.0	0.0	0.6
1980	1.0	2.9	3.9	0.4	1.1	3.6	2.4	7.6	0.6	11.7	15.6	0.5	38.3	66.8	0.0	0.6
1981	0.9	2.9	3.8	0.4	1.1	3.4	2.4	7.3	0.6	11.5	16.0	0.5	38.2	66.7	0.0	0.7
1982	0.9	2.9	3.8	0.4	1.2	3.4	2.3	7.3	0.6	11.3	16.4	0.5	38.0	66.8	0.0	0.7
1983	1.0	2.7	3.8	0.4	1.1	3.4	2.2	7.1	0.6	10.4	15.9	0.7	39.7	67.3	0.0	0.7
1984	0.9	3.1	4.0	0.5	1.2	3.9	2.3	7.9	0.6	10.7	19.0	0.6	34.3	65.3	0.0	0.7
1985	0.9	2.8	3.6	0.4	1.1	3.4	2.2	7.1	0.6	10.2	18.4	0.6	37.6	67.4	0.0	0.7
1986	0.9	2.9	3.8	0.4	1.1	3.4	2.1	7.1	0.6	10.8	17.8	0.5	38.2	67.8	0.0	0.7
1987	0.9	3.0	3.9	0.4	1.1	3.4	2.0	6.9	0.6	9.9	17.6	0.3	39.2	67.7	0.0	0.8
1988	0.9	2.8	3.7	0.4	1.1	3.2	2.0	6.7	0.5	9.4	17.5	0.3	40.2	68.0	0.0	0.8
1989	0.8	2.9	3.7	0.4	1.1	3.6	2.1	7.3	0.5	9.5	18.0	0.2	38.7	67.1	0.0	0.8
1990	0.7	2.8	3.5	0.4	1.1	3.9	2.1	7.5	0.5	10.1	19.2	0.3	37.3	67.5	0.0	0.9
1991	0.8	2.7	3.5	0.4	1.1	3.9	2.0	7.3	0.5	9.5	20.0	0.4	37.7	68.2	0.0	0.9
1992	0.8	2.8	3.6	0.4	1.1	3.7	2.0	7.2	0.5	9.8	19.9	0.6	37.3	68.1	0.0	0.9
1993	0.9	2.7	3.6	0.4	1.1	3.7	1.9	7.1	0.5	9.7	22.1	0.6	36.1	68.9	0.0	0.9
1994	1.0	2.8	3.8	0.4	1.1	3.8	2.0	7.3	0.6	8.9	22.0	0.8	35.5	67.8	0.0	0.9

Table 16. Vitamin C Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	1.5	0.4	0.1	2.1	2.6	0.7	0.0	0.4	3.8	0.0	0.0	0.1
1920-29	1.4	0.4	0.1	1.9	3.1	0.6	0.0	0.6	4.3	0.0	0.0	0.1
1930-39	1.2	0.4	0.1	1.7	3.2	0.5	0.0	0.8	4.5	0.0	0.0	0.0
1940-49	1.4	0.5	0.1	1.9	3.5	0.4	0.0	1.0	4.9	0.0	0.0	0.0
1950-59	1.4	0.7	0.1	2.3	3.6	0.3	0.0	1.2	5.2	0.0	0.1	0.0
1960-69	1.5	0.9	0.1	2.5	3.2	0.4	0.0	1.2	4.8	0.0	0.1	0.0
1970	1.4	0.8	0.2	2.4	2.5	0.6	0.0	0.9	4.0	0.0	0.1	0.0
1971	1.4	0.8	0.1	2.3	2.4	0.6	0.0	0.9	3.9	0.0	0.1	0.0
1972	1.3	0.8	0.1	2.3	2.3	0.7	0.0	0.8	3.8	0.0	0.1	0.0
1973	1.2	0.8	0.2	2.2	2.2	0.7	0.0	0.8	3.7	0.0	0.1	0.0
1974	1.3	0.8	0.2	2.3	2.1	0.7	0.0	0.7	3.5	0.0	0.1	0.0
1975	1.2	0.7	0.2	2.1	1.9	0.7	0.0	0.7	3.3	0.0	0.1	0.0
1976	1.2	0.8	0.1	2.1	1.8	0.9	0.0	0.7	3.4	0.0	0.1	0.0
1977	1.2	0.8	0.2	2.2	1.8	0.9	0.0	0.7	3.4	0.0	0.0	0.0
1978	1.2	0.8	0.2	2.2	1.8	1.0	0.0	0.7	3.5	0.0	0.1	0.0
1979	1.2	0.9	0.1	2.2	1.7	1.0	0.0	0.7	3.4	0.0	0.0	0.0
1980	1.2	0.8	0.1	2.2	1.5	1.0	0.0	0.7	3.2	0.0	0.1	0.0
1981	1.2	0.9	0.2	2.2	1.5	1.0	0.0	0.7	3.2	0.0	0.1	0.0
1982	1.1	0.8	0.2	2.1	1.4	1.0	0.0	0.6	3.1	0.0	0.1	0.0
1983	1.1	0.8	0.2	2.0	1.3	1.0	0.0	0.6	3.0	0.0	0.1	0.0
1984	1.1	0.8	0.2	2.1	1.3	1.1	0.0	0.7	3.1	0.0	0.1	0.0
1985	1.1	0.8	0.2	2.1	1.3	1.1	0.0	0.7	3.1	0.0	0.1	0.0
1986	1.0	0.8	0.1	1.9	1.2	1.1	0.0	0.7	3.0	0.0	0.1	0.0
1987	1.1	0.9	0.2	2.1	1.2	1.2	0.0	0.7	3.1	0.0	0.1	0.0
1988	1.0	0.8	0.2	2.0	1.1	1.2	0.0	0.7	3.0	0.0	0.1	0.0
1989	1.0	0.9	0.2	2.1	1.0	1.3	0.0	0.7	3.0	0.0	0.1	0.0
1990	1.0	0.9	0.2	2.1	1.0	1.4	0.0	0.7	3.1	0.0	0.1	0.0
1991	1.0	0.9	0.2	2.1	0.9	1.4	0.0	0.7	3.0	0.0	0.1	0.0
1992	1.0	0.9	0.2	2.1	0.9	1.4	0.0	0.7	2.9	0.0	0.1	0.0
1993	0.9	0.9	0.2	2.0	0.8	1.3	0.0	0.7	2.7	0.0	0.1	0.0
1994	0.9	0.9	0.2	2.0	0.7	1.3	0.0	0.7	2.7	0.0	0.1	0.0

Continued

Table 16. Vitamin C Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	8.7	14.7	23.3	31.3	8.3	10.3	20.7	70.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1920-29	12.0	14.5	26.5	25.9	9.7	8.9	22.5	67.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1930-39	16.4	12.9	29.3	22.7	10.3	9.6	21.6	64.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1940-49	23.1	10.9	33.9	20.1	9.3	10.4	19.3	59.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1950-59	24.8	11.8	36.6	20.2	7.9	10.3	17.3	55.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1960-69	23.7	14.0	37.7	20.4	7.6	8.8	16.2	53.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8
1970	24.9	14.3	39.2	18.2	6.4	9.4	16.0	49.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1971	26.3	14.1	40.4	17.1	6.3	9.8	15.7	48.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1972	27.5	13.6	41.1	17.3	6.4	9.3	15.3	48.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1973	27.5	13.6	41.1	17.0	6.8	9.0	15.7	48.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1974	28.3	13.4	41.7	16.6	6.9	9.1	15.5	48.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1975	29.6	13.3	42.8	16.9	6.8	8.8	15.0	47.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1976	29.5	12.9	42.4	16.7	7.0	9.1	15.0	47.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1977	29.1	13.4	42.6	16.3	6.8	8.8	15.6	47.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1978	27.5	14.5	41.9	16.3	6.9	8.9	15.8	47.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4
1979	27.2	14.0	41.2	16.3	7.3	9.1	15.9	48.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1980	28.7	13.9	42.6	15.8	7.1	9.3	15.4	47.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4
1981	27.5	14.4	42.0	15.9	7.6	8.9	15.6	48.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1982	27.2	15.1	42.3	15.8	7.9	8.8	15.4	47.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1983	30.3	14.2	44.5	15.5	7.7	8.4	14.4	46.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4
1984	25.9	15.5	41.4	16.0	8.5	9.4	15.0	48.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6
1985	26.6	15.5	42.1	15.6	8.6	8.8	15.1	48.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1986	28.1	15.5	43.7	15.5	8.4	8.7	14.4	46.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4
1987	27.5	16.3	43.8	15.5	8.5	8.7	13.8	46.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1988	27.9	15.9	43.8	15.2	9.0	8.4	13.9	46.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1989	25.4	16.9	42.4	15.7	9.1	9.1	14.0	47.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6
1990	22.9	17.0	39.9	16.0	9.3	9.8	14.8	49.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.9
1991	25.4	16.3	41.7	15.8	9.0	9.5	14.1	48.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.7
1992	25.3	16.2	41.5	15.8	9.7	9.1	14.1	48.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8
1993	28.2	15.5	43.7	15.5	9.1	8.8	13.5	47.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1994	27.7	15.8	43.5	15.8	9.4	8.7	13.3	47.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5

Table 17. Thiamin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	29.8	0.7	0.7	31.2	6.3	1.6	0.1	0.9	8.9	1.5	5.9	29.5
1920-29	31.1	0.7	0.8	32.6	7.1	1.4	0.1	1.5	10.1	1.7	5.9	25.6
1930-39	29.9	0.8	0.7	31.3	7.6	1.3	0.1	2.2	11.3	1.7	7.1	23.4
1940-49	26.4	0.8	0.5	27.7	7.2	0.9	0.1	2.5	10.7	1.5	6.0	34.1
1950-59	24.1	1.0	0.5	25.6	7.3	0.7	0.2	3.0	11.2	1.7	5.6	37.7
1960-69	23.4	1.3	0.5	25.2	6.4	0.8	0.2	3.1	10.5	1.5	5.6	39.8
1970	23.1	1.5	0.5	25.2	5.3	1.3	0.3	2.8	9.6	1.4	5.4	40.4
1971	24.1	1.5	0.5	26.0	5.0	1.3	0.3	2.7	9.3	1.3	5.2	40.5
1972	22.5	1.5	0.5	24.6	4.9	1.4	0.3	2.6	9.2	1.3	5.6	41.5
1973	20.4	1.4	0.6	22.4	4.7	1.5	0.3	2.7	9.1	1.3	6.0	43.4
1974	20.8	1.4	0.5	22.7	4.1	1.4	0.3	2.3	8.2	1.2	5.2	45.7
1975	17.0	1.3	0.5	18.8	4.0	1.4	0.3	2.2	7.8	1.1	5.6	49.3
1976	16.6	1.3	0.5	18.4	3.6	1.7	0.3	2.2	7.8	1.0	5.2	50.8
1977	17.4	1.3	0.5	19.2	3.5	1.8	0.3	2.2	7.8	1.0	5.3	50.3
1978	17.4	1.4	0.5	19.3	3.4	1.9	0.3	2.3	7.9	1.1	5.3	50.4
1979	18.3	1.4	0.5	20.3	3.1	1.9	0.3	2.3	7.7	1.0	5.2	50.1
1980	19.2	1.4	0.5	21.2	3.0	1.9	0.3	2.2	7.4	1.0	4.7	50.1
1981	18.6	1.5	0.5	20.6	2.8	2.0	0.3	2.1	7.2	1.0	5.0	50.6
1982	17.2	1.5	0.5	19.2	2.7	2.0	0.3	2.2	7.2	1.0	5.4	51.5
1983	17.9	1.5	0.5	19.9	2.6	2.1	0.3	2.2	7.2	1.0	5.4	50.6
1984	17.9	1.5	0.5	19.9	2.6	2.1	0.4	2.3	7.3	1.0	5.1	50.6
1985	17.6	1.5	0.5	19.6	2.4	2.1	0.4	2.3	7.2	0.9	5.5	50.9
1986	16.8	1.6	0.5	18.9	2.3	2.2	0.4	2.5	7.3	0.9	5.4	51.5
1987	16.7	1.7	0.5	18.8	2.1	2.2	0.4	2.4	7.1	0.9	4.9	52.7
1988	17.0	1.6	0.5	19.2	2.0	2.2	0.3	2.3	6.8	0.8	5.3	52.9
1989	16.7	1.7	0.5	18.9	1.8	2.4	0.3	2.1	6.7	0.8	5.0	53.5
1990	15.7	1.7	0.5	17.9	1.6	2.4	0.3	2.3	6.7	0.8	4.9	54.7
1991	16.3	1.7	0.5	18.5	1.6	2.4	0.3	2.1	6.4	0.8	5.0	54.5
1992	16.9	1.7	0.5	19.1	1.5	2.4	0.3	2.2	6.4	0.8	4.9	54.1
1993	16.4	1.8	0.5	18.6	1.4	2.3	0.3	2.1	6.2	0.8	4.8	54.6
1994	16.4	1.8	0.5	18.7	1.3	2.3	0.3	2.2	6.2	0.8	4.7	54.5

Continued

Table 17. Thiamin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.8	3.4	4.1	9.4	1.6	2.0	5.2	18.1	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.1
1920-29	1.2	3.9	5.1	8.3	1.8	1.8	6.2	18.1	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.3
1930-39	1.8	3.8	5.6	7.7	2.1	2.1	6.8	18.7	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.4
1940-49	2.1	2.7	4.8	5.5	1.6	1.9	5.4	14.4	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3
1950-59	2.3	2.6	4.9	5.0	1.2	1.8	4.8	12.8	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3
1960-69	2.2	2.3	4.5	5.3	1.0	1.5	4.4	12.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4
1970	2.5	2.2	4.6	5.7	0.9	1.7	4.3	12.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6
1971	2.6	2.0	4.6	5.4	0.8	1.7	4.2	12.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6
1972	2.8	2.0	4.7	5.5	0.9	1.7	4.1	12.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.7
1973	2.7	1.9	4.7	5.6	0.9	1.6	4.2	12.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6
1974	2.7	1.8	4.5	5.3	0.9	1.6	4.0	11.7	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6
1975	2.9	1.9	4.7	5.6	0.9	1.6	3.9	11.9	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5
1976	2.7	1.8	4.5	5.4	0.8	1.5	3.7	11.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6
1977	2.7	1.8	4.5	5.1	0.8	1.5	3.8	11.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6
1978	2.5	1.9	4.4	5.1	0.8	1.5	3.7	11.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5
1979	2.4	1.8	4.3	4.8	0.8	1.5	3.7	10.8	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5
1980	2.6	1.9	4.5	4.6	0.8	1.5	3.6	10.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.5
1981	2.4	1.9	4.3	4.8	0.8	1.4	3.6	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1982	2.4	2.1	4.5	4.7	0.9	1.4	3.6	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1983	2.8	2.0	4.8	4.7	0.8	1.4	3.5	10.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1984	2.4	2.2	4.5	4.9	0.9	1.6	3.6	10.8	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1985	2.4	2.1	4.5	4.8	0.8	1.4	3.5	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1986	2.6	2.2	4.8	4.8	0.8	1.4	3.4	10.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1987	2.4	2.2	4.7	4.7	0.8	1.4	3.2	10.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1988	2.4	2.2	4.6	4.5	0.8	1.3	3.1	9.7	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1989	2.2	2.2	4.4	4.6	0.8	1.4	3.1	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1990	1.9	2.1	4.0	4.7	0.8	1.4	3.2	10.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1991	2.0	2.0	4.1	4.7	0.8	1.4	3.1	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1992	2.0	2.1	4.1	4.6	0.8	1.4	3.1	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1993	2.3	2.1	4.4	4.7	0.8	1.4	3.0	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.7
1994	2.3	2.1	4.4	4.8	0.8	1.3	3.0	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.7

Table 18. Riboflavin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	20.5	1.8	1.0	23.2	23.2	5.4	1.0	3.9	33.5	11.0	1.6	14.1
1920-29	19.1	1.7	1.0	21.8	24.9	4.6	1.1	5.8	36.4	11.4	1.6	11.8
1930-39	17.8	1.8	1.0	20.6	25.6	4.2	1.3	8.2	39.3	10.9	1.7	10.1
1940-49	17.1	2.0	0.7	19.8	25.7	2.9	1.4	9.6	39.6	10.4	1.7	13.8
1950-59	16.1	3.3	0.7	20.1	24.4	2.1	1.8	10.4	38.7	11.1	1.5	15.8
1960-69	17.1	3.8	0.8	21.7	22.2	2.9	2.3	10.7	38.0	10.1	1.5	17.0
1970	17.8	3.3	0.8	21.8	19.2	4.7	2.6	9.9	36.4	9.6	1.5	19.3
1971	18.0	3.2	0.8	22.0	18.7	5.0	2.7	9.8	36.1	9.5	1.5	19.6
1972	17.5	3.3	0.8	21.6	18.1	5.4	2.9	9.4	35.9	9.4	1.6	20.2
1973	16.2	3.2	0.8	20.3	17.6	5.5	3.1	9.8	35.9	9.1	1.7	21.4
1974	17.2	3.1	0.8	21.1	16.2	5.5	3.1	8.9	33.7	8.7	1.6	23.6
1975	16.3	3.1	0.8	20.1	15.8	5.7	3.1	8.7	33.2	8.5	1.7	24.9
1976	15.8	3.0	0.8	19.6	14.2	6.8	3.1	8.7	32.8	7.8	1.6	27.2
1977	16.0	3.1	0.8	19.9	13.8	7.1	3.3	8.6	32.8	7.8	1.7	26.9
1978	15.5	3.2	0.8	19.4	13.3	7.4	3.4	8.9	33.1	8.0	1.6	27.0
1979	15.1	3.4	0.8	19.2	12.7	7.6	3.4	9.2	33.0	8.1	1.7	27.1
1980	15.4	3.4	0.7	19.5	12.1	7.9	3.5	9.0	32.4	7.9	1.6	27.4
1981	15.4	3.5	0.8	19.7	11.7	8.0	3.7	8.6	31.9	7.8	1.7	27.6
1982	14.6	3.5	0.7	18.9	11.2	8.2	4.0	8.8	32.1	7.8	1.8	28.0
1983	15.1	3.4	0.8	19.3	10.8	8.4	4.0	9.0	32.2	7.6	1.8	27.7
1984	14.9	3.4	0.8	19.1	10.4	8.3	4.2	9.4	32.3	7.6	1.7	27.7
1985	14.6	3.3	0.8	18.8	9.9	8.6	4.3	9.5	32.4	7.3	1.9	28.0
1986	14.3	3.5	0.8	18.6	9.3	9.0	4.3	10.1	32.8	7.2	1.8	28.1
1987	14.0	3.8	0.8	18.6	8.9	9.2	4.5	9.9	32.5	7.2	1.7	28.6
1988	14.0	3.8	0.8	18.6	8.4	9.3	4.3	9.7	31.7	7.0	1.8	29.3
1989	13.8	4.0	0.8	18.6	7.8	10.2	4.4	9.3	31.6	6.7	1.7	29.6
1990	13.3	3.9	0.8	18.0	7.1	10.4	4.4	9.9	31.8	6.6	1.8	30.1
1991	13.2	4.1	0.8	18.1	6.9	10.6	4.5	9.4	31.3	6.6	1.8	30.5
1992	13.3	4.1	0.8	18.2	6.6	10.5	4.6	9.6	31.2	6.5	1.8	30.3
1993	13.0	4.2	0.8	17.9	6.3	10.4	4.6	9.6	30.8	6.5	1.7	31.1
1994	13.1	4.3	0.8	18.1	6.1	10.3	4.6	9.6	30.7	6.5	1.7	31.0

Continued

Table 18. Riboflavin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.3	3.0	3.3	3.2	2.3	1.3	3.6	10.5	0.4	0.0	0.0	0.0	0.0	0.4	1.4	0.9
1920-29	0.4	3.1	3.6	2.7	2.5	1.2	4.1	10.5	0.4	0.0	0.0	0.0	0.0	0.4	1.6	1.0
1930-39	0.6	3.0	3.6	2.4	2.8	1.3	4.4	10.8	0.4	0.0	0.0	0.0	0.0	0.4	1.5	1.0
1940-49	0.8	2.2	3.0	1.8	2.8	1.3	3.7	9.6	0.2	0.0	0.0	0.0	0.0	0.2	1.1	0.8
1950-59	0.7	2.0	2.7	1.5	2.5	1.2	3.0	8.2	0.2	0.0	0.0	0.0	0.0	0.2	1.1	0.8
1960-69	0.6	1.9	2.6	1.4	1.4	1.0	3.0	6.9	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.0
1970	0.7	1.9	2.6	1.4	1.0	1.2	2.9	6.4	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1971	0.7	1.9	2.6	1.3	0.9	1.2	2.8	6.3	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1972	0.8	1.8	2.5	1.3	0.9	1.2	2.8	6.3	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.2
1973	0.8	1.8	2.6	1.3	1.0	1.2	3.0	6.4	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.2
1974	0.8	1.8	2.6	1.3	1.0	1.2	2.9	6.3	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.2
1975	0.8	1.8	2.7	1.4	1.0	1.2	2.9	6.5	0.1	0.0	0.0	0.0	0.0	0.1	1.1	1.1
1976	0.8	1.8	2.5	1.3	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.1	1.1
1977	0.8	1.8	2.6	1.2	0.8	1.1	2.9	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1978	0.7	1.9	2.6	1.2	0.8	1.1	2.8	6.0	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1979	0.7	1.9	2.6	1.2	0.9	1.2	2.9	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.0
1980	0.8	1.9	2.7	1.2	0.9	1.1	2.8	6.0	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.1
1981	0.7	2.0	2.7	1.2	0.9	1.1	2.9	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1982	0.7	2.1	2.8	1.2	1.0	1.1	2.9	6.2	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1983	0.8	2.0	2.8	1.2	0.9	1.1	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.1
1984	0.7	2.1	2.8	1.2	1.0	1.2	2.9	6.3	0.1	0.0	0.0	0.0	0.0	0.1	1.2	1.2
1985	0.7	2.1	2.8	1.2	1.0	1.1	2.9	6.2	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.2
1986	0.7	2.2	2.9	1.2	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.2
1987	0.7	2.3	3.0	1.2	0.9	1.1	2.7	5.9	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.2
1988	0.7	2.2	3.0	1.2	0.9	1.1	2.7	5.9	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.3
1989	0.7	2.3	2.9	1.2	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.3
1990	0.6	2.2	2.8	1.2	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.4
1991	0.6	2.2	2.8	1.2	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.3	1.4
1992	0.6	2.3	2.9	1.2	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.4	1.4
1993	0.7	2.3	3.0	1.2	0.9	1.2	2.8	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.4	1.4
1994	0.7	2.3	3.0	1.3	0.9	1.2	2.7	6.1	0.1	0.0	0.0	0.0	0.0	0.1	1.4	1.4

Table 19. Niacin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	31.8	5.2	3.2	40.2	1.2	1.2	0.4	0.2	1.8	0.2	3.0	27.8
1920-29	32.5	5.4	3.6	41.5	1.4	0.3	0.0	0.4	2.2	0.2	3.6	24.2
1930-39	32.2	5.7	3.7	41.6	1.5	0.3	0.1	0.6	2.4	0.2	4.5	21.9
1940-49	30.9	6.5	2.8	40.3	1.6	0.2	0.1	0.7	2.6	0.2	4.9	26.3
1950-59	29.9	7.0	3.8	40.7	1.5	0.2	0.1	0.8	2.6	0.2	4.4	28.7
1960-69	29.0	10.1	4.1	43.3	1.3	0.2	0.1	0.7	2.3	0.2	4.9	27.6
1970	28.2	12.1	4.2	44.5	1.1	0.3	0.1	0.6	2.1	0.1	4.8	27.8
1971	28.6	12.0	4.0	44.6	1.0	0.3	0.1	0.6	2.1	0.1	4.7	28.2
1972	27.4	12.3	4.4	44.2	1.0	0.3	0.1	0.6	2.0	0.1	5.0	28.4
1973	25.4	12.0	4.6	42.0	1.0	0.3	0.1	0.6	2.0	0.1	5.3	30.1
1974	25.9	11.4	4.2	41.5	0.9	0.3	0.1	0.5	1.8	0.1	4.9	32.1
1975	25.1	10.7	3.8	39.7	0.8	0.3	0.1	0.5	1.7	0.1	4.9	34.5
1976	24.4	10.8	3.7	39.0	0.7	0.3	0.1	0.5	1.7	0.1	4.4	36.6
1977	24.9	11.1	3.7	39.7	0.7	0.4	0.1	0.5	1.7	0.1	4.5	36.5
1978	24.0	11.6	4.1	39.7	0.7	0.4	0.1	0.5	1.7	0.1	4.7	36.4
1979	23.1	12.3	3.9	39.3	0.6	0.4	0.1	0.5	1.7	0.1	4.6	36.7
1980	23.6	12.5	3.8	39.8	0.6	0.4	0.1	0.5	1.7	0.1	3.9	37.1
1981	23.2	12.8	3.8	39.8	0.6	0.4	0.1	0.5	1.6	0.1	4.3	37.0
1982	22.2	13.0	3.6	38.8	0.6	0.4	0.1	0.5	1.6	0.1	4.6	37.6
1983	22.7	12.9	3.9	39.5	0.5	0.4	0.1	0.5	1.6	0.1	4.6	37.0
1984	22.4	13.0	3.9	39.4	0.5	0.4	0.2	0.5	1.6	0.1	4.6	36.7
1985	22.0	13.2	3.9	39.1	0.5	0.4	0.2	0.5	1.6	0.1	4.7	37.3
1986	21.2	13.5	4.0	38.7	0.5	0.5	0.2	0.5	1.6	0.1	4.7	37.6
1987	20.3	14.3	4.0	38.6	0.4	0.5	0.2	0.5	1.6	0.1	4.6	38.5
1988	20.2	14.4	3.9	38.5	0.4	0.5	0.2	0.5	1.5	0.1	4.8	38.8
1989	19.7	14.9	4.0	38.6	0.4	0.5	0.2	0.5	1.5	0.1	4.9	38.3
1990	19.0	14.7	3.9	37.6	0.3	0.5	0.2	0.5	1.5	0.1	4.3	39.6
1991	18.4	15.6	3.8	37.8	0.3	0.5	0.2	0.5	1.5	0.1	4.5	39.5
1992	18.6	15.9	3.7	38.1	0.3	0.5	0.2	0.5	1.5	0.1	4.3	39.5
1993	18.0	16.2	3.6	37.8	0.3	0.5	0.2	0.5	1.4	0.1	4.1	40.1
1994	18.1	16.5	3.6	38.2	0.3	0.5	0.2	0.5	1.4	0.1	4.0	40.1

Continued

Table 19. Niacin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Marg-arine	Short-ening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweet-eners	Miscel-laneous
	Percent															
1909-19	0.2	2.8	3.1	13.9	1.4	2.0	3.7	21.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	2.9
1920-29	0.4	3.2	3.5	12.7	1.6	2.0	4.6	20.9	0.1	0.0	0.0	0.0	0.0	0.1	0.1	3.8
1930-39	0.6	3.2	3.8	11.7	1.8	2.3	5.2	21.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	4.4
1940-49	0.8	2.6	3.4	9.2	1.5	2.4	4.6	17.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	4.7
1950-59	0.7	2.4	3.2	8.0	1.1	2.3	3.9	15.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	4.9
1960-69	0.6	2.1	2.8	7.6	0.9	2.0	3.4	13.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0
1970	0.7	2.0	2.7	7.4	0.8	2.3	3.2	13.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4
1971	0.8	1.9	2.7	7.0	0.7	2.4	3.2	13.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1972	0.8	1.7	2.5	7.1	0.8	2.3	3.1	13.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1973	0.8	1.7	2.5	7.0	0.8	2.2	3.2	13.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6
1974	0.8	1.7	2.5	6.6	0.8	2.1	3.0	12.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1975	0.8	1.7	2.5	6.7	0.7	2.1	3.0	12.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0
1976	0.8	1.6	2.3	6.3	0.7	2.1	2.8	11.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.9
1977	0.7	1.6	2.4	6.3	0.6	2.0	2.9	11.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
1978	0.7	1.7	2.4	6.1	0.6	1.9	2.8	11.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1979	0.7	1.7	2.4	6.0	0.7	2.0	2.9	11.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.5
1980	0.7	1.7	2.5	6.0	0.7	2.0	2.8	11.5	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.6
1981	0.7	1.7	2.4	5.9	0.7	1.9	2.8	11.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
1982	0.7	1.7	2.4	5.9	0.7	1.9	2.8	11.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
1983	0.8	1.7	2.5	6.0	0.7	1.9	2.8	11.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1984	0.6	1.8	2.5	6.0	0.7	2.1	2.8	11.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.5
1985	0.6	1.8	2.4	5.9	0.7	1.9	2.8	11.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.5
1986	0.7	1.8	2.5	6.0	0.7	1.9	2.7	11.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1987	0.7	1.8	2.5	5.8	0.7	1.9	2.5	10.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1988	0.7	1.8	2.5	5.6	0.7	1.8	2.5	10.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
1989	0.6	1.8	2.4	5.8	0.7	1.9	2.5	10.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
1990	0.5	1.7	2.3	5.7	0.7	2.0	2.6	11.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1991	0.6	1.7	2.3	5.7	0.7	2.0	2.5	10.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
1992	0.6	1.7	2.3	5.7	0.7	1.9	2.6	10.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
1993	0.6	1.7	2.4	5.9	0.7	1.9	2.5	11.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0
1994	0.6	1.7	2.4	6.0	0.7	1.9	2.5	11.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7

Table 20. Vitamin B_6 Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
	Meat	Poultry	Fish	Total	Fluid Milk: Whole	Fluid Milk: Lowfat	Cheese	Other	Total			
	Percent											
1909-19	23.0	2.4	1.7	27.2	5.3	1.4	0.2	0.6	7.4	2.6	3.0	17.3
1920-29	23.2	2.6	1.7	27.5	6.1	1.2	0.2	1.0	8.6	3.0	3.1	14.4
1930-39	22.8	2.8	1.7	27.2	6.6	1.2	0.3	1.6	9.6	3.0	3.6	12.7
1940-49	25.4	3.7	1.5	30.6	7.9	1.0	0.4	2.2	11.4	3.3	3.8	10.5
1950-59	27.2	4.9	2.0	34.0	8.1	0.7	0.6	2.7	12.1	3.9	3.9	8.2
1960-69	28.9	6.9	2.3	38.1	7.0	0.9	0.7	3.0	11.6	3.4	3.7	8.2
1970	28.9	7.7	2.3	38.9	5.7	1.4	0.8	3.8	11.7	3.0	3.4	9.3
1971	29.5	7.7	2.3	39.5	5.6	1.5	0.9	3.8	11.8	3.0	3.4	9.2
1972	28.9	8.1	2.5	39.4	5.4	1.6	0.9	3.7	11.7	3.0	3.6	9.0
1973	27.3	7.9	2.6	37.8	5.3	1.7	1.0	3.9	11.8	2.9	4.1	9.4
1974	29.0	7.9	2.4	39.3	4.9	1.7	1.0	3.7	11.3	2.8	3.7	9.3
1975	26.0	7.8	2.4	36.3	4.9	1.8	1.0	3.7	11.4	2.8	4.3	10.0
1976	26.4	8.2	2.5	37.1	4.6	2.2	1.0	3.8	11.6	2.7	4.1	9.8
1977	26.6	8.3	2.4	37.2	4.4	2.3	1.0	3.8	11.5	2.6	4.2	9.9
1978	26.0	8.7	2.6	37.2	4.3	2.4	1.1	3.9	11.7	2.7	4.0	9.9
1979	25.0	9.2	2.5	36.6	4.1	2.4	1.1	4.0	11.6	2.7	4.2	10.2
1980	25.4	9.4	2.3	37.2	3.9	2.5	1.1	3.9	11.4	2.7	3.8	10.2
1981	25.3	9.7	2.3	37.3	3.7	2.6	1.1	3.8	11.1	2.6	4.0	10.3
1982	24.2	9.8	2.3	36.3	3.5	2.6	1.2	3.8	11.1	2.6	4.3	10.5
1983	24.8	9.7	2.3	36.9	3.4	2.6	1.2	3.9	11.1	2.5	4.2	10.3
1984	24.6	9.7	2.4	36.7	3.3	2.6	1.2	3.9	11.0	2.5	3.9	10.4
1985	24.4	9.8	2.4	36.6	3.1	2.7	1.3	3.9	11.0	2.4	4.3	10.6
1986	24.1	10.1	2.4	36.5	2.9	2.8	1.3	4.0	10.9	2.3	4.1	11.0
1987	23.6	10.8	2.4	36.8	2.7	2.9	1.3	3.9	10.8	2.3	3.8	11.6
1988	23.7	11.0	2.3	37.1	2.6	2.9	1.2	3.9	10.5	2.3	4.2	11.8
1989	23.0	11.4	2.4	36.8	2.4	3.1	1.2	3.7	10.4	2.1	3.9	12.1
1990	22.3	11.3	2.3	36.0	2.2	3.2	1.3	3.9	10.6	2.1	3.9	12.6
1991	22.5	11.9	2.2	36.6	2.1	3.2	1.3	3.7	10.2	2.1	4.0	12.7
1992	22.5	11.9	2.2	36.6	1.9	3.1	1.2	3.7	10.0	2.0	4.0	12.6
1993	21.9	12.2	2.2	36.2	1.9	3.1	1.3	3.7	9.9	2.0	3.9	12.8
1994	22.0	12.3	2.2	36.4	1.8	3.1	1.2	3.6	9.7	2.0	3.8	12.8

Continued

Table 20. Vitamin B_6 Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.5	8.3	8.8	20.9	3.7	2.2	5.5	32.2	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.1
1920-29	0.7	9.7	10.4	19.0	4.0	2.1	6.3	31.5	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4
1930-39	1.1	9.8	10.8	17.7	4.4	2.5	6.8	31.4	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.5
1940-49	1.6	8.0	9.6	15.9	3.9	3.0	6.6	29.4	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.5
1950-59	1.7	8.9	10.6	14.6	2.9	3.1	5.9	26.4	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.5
1960-69	1.5	8.2	9.8	13.7	2.5	2.7	5.4	24.3	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.7
1970	1.6	7.4	9.1	12.9	2.2	3.1	5.2	23.4	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.9
1971	1.7	7.4	9.2	12.3	2.2	3.3	5.1	22.9	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.8
1972	1.8	7.2	9.0	12.5	2.2	3.2	5.1	23.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0
1973	1.8	7.4	9.3	12.5	2.4	3.0	5.4	23.3	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0
1974	1.9	7.4	9.3	12.2	2.4	3.1	5.4	23.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0
1975	2.1	7.5	9.6	13.2	2.5	3.2	5.6	24.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.9
1976	2.0	7.7	9.7	12.8	2.4	3.3	5.4	23.8	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0
1977	2.0	7.7	9.7	12.6	2.2	3.2	5.6	23.6	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0
1978	1.9	8.2	10.0	12.4	2.2	3.1	5.5	23.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.9
1979	1.9	8.2	10.0	12.3	2.3	3.2	5.7	23.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0
1980	2.0	8.2	10.2	12.2	2.2	3.3	5.6	23.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.0
1981	1.9	8.5	10.4	12.1	2.3	3.0	5.5	22.9	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.1
1982	1.9	8.9	10.8	12.0	2.4	3.1	5.6	23.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.1
1983	2.1	8.4	10.6	12.2	2.3	3.0	5.5	23.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.1
1984	1.8	8.9	10.6	12.2	2.5	3.3	5.5	23.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.2
1985	1.8	8.9	10.7	11.8	2.4	3.1	5.6	22.9	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.2
1986	1.9	9.3	11.2	11.9	2.3	3.0	5.2	22.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.2
1987	1.8	9.3	11.2	11.6	2.3	3.0	5.1	22.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.2
1988	1.8	9.1	10.9	11.3	2.3	2.9	5.2	21.7	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.4
1989	1.7	9.2	10.9	11.6	2.3	3.1	5.2	22.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.4
1990	1.5	9.0	10.5	11.4	2.4	3.3	5.4	22.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.6
1991	1.6	8.9	10.5	11.4	2.3	3.3	5.3	22.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.5
1992	1.6	9.2	10.8	11.3	2.4	3.1	5.3	22.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.6
1993	1.8	9.1	10.9	11.6	2.4	3.1	5.4	22.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.5
1994	1.8	9.2	11.0	11.8	2.4	3.1	5.3	22.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.5

Table 21. Folate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
	Meat	Poultry	Fish	Total	Fluid Milk: Whole	Fluid Milk: Lowfat	Cheese	Other	Total			
	Percent											
1909-19	5.4	1.8	0.5	7.7	4.3	1.2	0.3	0.6	6.4	6.1	21.7	24.2
1920-29	5.2	1.8	0.5	7.5	4.8	1.1	0.4	0.9	7.2	6.6	20.1	20.8
1930-39	4.8	1.8	0.5	7.1	4.9	0.9	0.4	1.3	7.6	6.2	22.4	17.9
1940-49	5.4	2.4	0.4	8.3	5.7	0.8	0.5	1.9	8.9	6.9	21.8	15.5
1950-59	5.8	3.3	0.5	9.5	6.1	0.6	0.8	2.4	9.9	8.3	20.6	13.2
1960-69	6.3	3.7	0.5	10.4	5.6	0.8	1.0	2.5	9.8	7.7	20.7	13.0
1970	6.6	3.3	0.6	10.4	4.9	1.2	1.2	2.2	9.4	7.3	20.2	12.8
1971	6.6	3.3	0.6	10.4	4.8	1.3	1.2	2.1	9.4	7.3	20.0	12.6
1972	6.4	3.4	0.6	10.4	4.6	1.4	1.3	1.9	9.2	7.2	20.1	12.6
1973	5.8	3.1	0.6	9.4	4.3	1.4	1.3	2.0	8.9	6.7	22.4	12.7
1974	6.4	3.1	0.6	10.1	4.2	1.5	1.3	1.8	8.8	6.8	20.1	12.8
1975	5.7	2.8	0.5	9.0	3.8	1.4	1.2	1.6	7.9	6.1	20.9	16.5
1976	5.8	2.9	0.6	9.3	3.6	1.7	1.3	1.7	8.3	5.9	20.2	16.8
1977	5.8	2.9	0.6	9.2	3.4	1.8	1.3	1.6	8.2	5.8	20.4	16.6
1978	5.7	3.0	0.6	9.3	3.4	1.9	1.4	1.8	8.5	6.2	19.6	17.0
1979	5.3	3.1	0.6	9.0	3.2	1.9	1.4	1.7	8.3	6.1	20.8	16.9
1980	5.5	3.1	0.6	9.1	3.1	2.0	1.4	1.7	8.3	6.1	18.7	17.3
1981	5.4	3.1	0.6	9.1	3.0	2.1	1.5	1.6	8.1	6.0	19.6	17.1
1982	5.0	2.9	0.6	8.5	2.8	2.1	1.6	1.5	7.9	5.8	21.2	17.0
1983	5.2	2.7	0.6	8.5	2.7	2.1	1.6	1.6	7.9	5.7	20.9	17.0
1984	5.3	2.6	0.6	8.5	2.7	2.2	1.7	1.7	8.2	5.8	19.2	17.7
1985	4.9	2.3	0.6	7.8	2.5	2.2	1.6	1.6	7.9	5.4	21.7	17.8
1986	4.8	2.5	0.6	7.9	2.3	2.3	1.6	1.7	7.9	5.3	20.9	18.3
1987	4.8	2.8	0.6	8.2	2.3	2.4	1.7	1.8	8.2	5.5	18.7	19.9
1988	4.6	2.7	0.6	7.8	2.1	2.3	1.6	1.7	7.7	5.2	21.1	19.5
1989	4.6	2.7	0.6	7.9	2.0	2.6	1.6	1.6	7.8	5.1	19.8	20.2
1990	4.5	2.6	0.6	7.7	1.8	2.7	1.7	1.7	7.9	5.0	20.2	21.2
1991	4.4	2.7	0.6	7.6	1.7	2.6	1.6	1.6	7.5	4.8	20.8	20.9
1992	4.4	2.6	0.6	7.5	1.6	2.6	1.6	1.6	7.4	4.8	21.0	21.1
1993	4.2	2.5	0.6	7.3	1.5	2.6	1.6	1.6	7.3	4.7	20.2	21.6
1994	4.3	2.5	0.6	7.4	1.5	2.6	1.6	1.6	7.3	4.7	20.1	21.8

Continued

Table 21. Folate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	1.4	2.7	4.1	7.1	2.3	2.5	15.9	27.8	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.8
1920-29	2.0	3.0	5.0	6.2	4.0	2.3	18.4	30.9	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.6
1930-39	2.8	2.9	5.8	5.4	4.7	2.6	18.8	31.5	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.4
1940-49	4.1	2.6	6.7	4.8	4.6	2.9	18.2	30.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.3
1950-59	5.4	2.9	8.3	4.6	3.8	2.9	17.3	28.6	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.4
1960-69	5.8	3.0	8.7	4.9	3.4	2.6	17.1	27.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.7
1970	6.9	2.9	9.8	4.9	2.9	3.2	16.9	27.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1971	7.5	2.8	10.3	4.7	2.9	3.4	16.8	27.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1972	8.1	2.8	10.9	4.8	2.9	3.2	16.6	27.4	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1973	7.8	2.6	10.4	4.6	3.0	2.9	16.6	27.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1974	8.6	2.7	11.3	4.6	3.0	3.2	17.0	27.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1975	8.7	2.6	11.3	4.5	2.8	3.0	15.8	26.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1976	8.8	2.6	11.4	4.5	2.8	3.0	15.8	26.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1977	8.6	2.7	11.3	4.4	2.7	3.0	16.3	26.4	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1978	7.7	2.9	10.6	4.4	2.9	2.9	16.4	26.6	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1979	7.8	2.8	10.6	4.3	3.0	3.0	16.0	26.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.9
1980	8.6	2.9	11.5	4.4	3.0	3.1	16.4	26.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1981	8.0	3.2	11.2	4.4	3.2	2.9	16.3	26.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1982	8.2	3.2	11.3	4.3	3.2	2.8	15.9	26.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1983	9.5	3.1	12.5	4.4	3.1	2.8	15.1	25.4	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1984	8.2	3.3	11.5	4.5	3.4	3.1	15.9	26.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1985	8.2	3.2	11.4	4.2	3.3	2.8	15.3	25.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1986	8.9	3.3	12.3	4.3	3.2	2.9	14.8	25.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1987	8.5	3.6	12.1	4.3	3.2	2.9	14.7	25.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1988	8.5	3.3	11.9	4.1	3.2	2.8	14.6	24.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1989	7.5	3.6	11.0	4.3	3.3	3.1	15.2	25.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1990	6.4	3.4	9.8	4.3	3.3	3.2	15.2	25.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1991	8.1	3.3	11.4	4.2	3.1	3.1	14.3	24.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1992	7.7	3.4	11.1	4.2	3.2	2.9	14.4	24.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1993	9.0	3.5	12.4	4.3	3.1	3.0	14.0	24.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1994	9.1	3.4	12.4	4.4	3.1	3.0	13.6	24.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2

Table 22. Vitamin B_{12} Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	64.8	2.6	9.9	77.3	11.9	3.4	0.7	1.1	17.2	5.1	0.0	0.2
1920-29	62.1	2.7	9.7	74.4	13.6	3.1	0.8	2.0	19.4	5.6	0.0	0.2
1930-39	60.6	2.9	8.7	72.2	14.7	2.9	1.0	3.1	21.7	5.6	0.0	0.1
1940-49	61.4	3.5	6.9	71.7	15.3	2.1	1.1	3.9	22.4	5.5	0.0	0.1
1950-59	61.0	4.3	6.2	71.5	14.6	1.4	1.5	4.9	22.4	5.9	0.0	0.1
1960-69	63.1	4.6	6.1	73.8	12.3	1.5	1.8	5.1	20.7	5.0	0.0	0.5
1970	63.9	4.1	6.8	74.8	10.2	2.4	2.0	4.4	19.0	4.5	0.0	1.6
1971	64.5	4.1	6.1	74.7	10.0	2.6	2.1	4.4	19.1	4.6	0.0	1.6
1972	64.0	4.2	6.6	74.8	9.8	2.9	2.2	4.1	19.0	4.5	0.0	1.6
1973	62.0	4.2	7.6	73.8	9.8	3.0	2.4	4.6	19.9	4.6	0.0	1.7
1974	64.6	4.0	7.2	75.7	9.0	3.0	2.4	3.9	18.2	4.3	0.0	1.6
1975	63.5	4.0	7.5	75.0	9.1	3.3	2.5	3.9	18.8	4.4	0.0	1.7
1976	63.9	4.1	6.8	74.8	8.5	4.0	2.5	4.1	19.2	4.2	0.0	1.7
1977	63.6	4.1	7.3	75.0	8.2	4.2	2.6	4.1	19.1	4.2	0.0	1.7
1978	62.6	4.3	7.0	73.9	8.2	4.6	2.8	4.4	20.0	4.4	0.0	1.7
1979	61.3	4.6	7.1	73.0	8.1	4.8	2.9	4.7	20.5	4.6	0.0	1.8
1980	61.4	4.6	7.5	73.4	7.7	5.0	3.0	4.5	20.2	4.5	0.0	1.8
1981	60.9	4.6	8.9	74.4	7.3	5.0	3.0	4.1	19.4	4.4	0.0	1.8
1982	60.3	4.6	8.4	73.3	7.2	5.3	3.4	4.3	20.2	4.5	0.0	1.9
1983	61.0	4.3	8.5	73.9	6.8	5.3	3.3	4.4	19.9	4.3	0.0	1.8
1984	60.5	4.1	9.3	73.9	6.6	5.3	3.4	4.6	19.9	4.3	0.0	1.8
1985	59.9	3.9	10.0	73.8	6.4	5.6	3.6	4.6	20.2	4.2	0.0	1.8
1986	61.3	4.2	7.4	73.0	6.1	6.0	3.7	5.1	20.9	4.2	0.0	1.8
1987	59.4	4.6	9.2	73.3	5.9	6.1	3.7	4.9	20.6	4.2	0.0	1.8
1988	59.2	4.7	9.4	73.3	5.6	6.3	3.7	4.9	20.6	4.2	0.0	1.8
1989	59.0	4.8	9.5	73.3	5.3	7.0	3.8	4.7	20.7	4.1	0.0	1.9
1990	58.5	4.8	9.5	72.8	4.9	7.3	3.9	5.1	21.2	4.0	0.0	1.9
1991	58.2	5.0	9.9	73.2	4.7	7.4	3.9	4.8	20.8	4.0	0.0	1.9
1992	58.1	4.9	10.3	73.3	4.5	7.4	4.0	4.9	20.7	4.0	0.0	1.9
1993	57.9	5.0	9.9	72.8	4.4	7.5	4.1	5.0	21.1	4.1	0.0	1.9
1994	58.5	5.0	9.4	72.9	4.3	7.5	4.1	5.2	21.0	4.1	0.0	1.9

Continued

Table 22. Vitamin B_{12} Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.3	0.0	0.0
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.4	0.0	0.0
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.4	0.0	0.0
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.0
1950-59	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.0
1960-69	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1970	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1971	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1972	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1973	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1974	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1975	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1976	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1977	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1978	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1979	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1980	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1981	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1982	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1983	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1984	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1985	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1986	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1987	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1988	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1989	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1990	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1991	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1992	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1993	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
1994	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0

Table 23. Calcium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	1.5	0.2	1.8	3.5	42.6	11.9	4.8	7.0	66.3	2.7	5.4	7.9
1920-29	1.3	0.2	1.9	3.4	43.3	9.5	4.9	10.4	68.1	2.6	4.5	6.6
1930-39	1.2	0.2	1.9	3.3	42.1	8.2	5.3	14.1	69.7	2.3	4.8	5.5
1940-49	1.1	0.2	1.4	2.8	44.5	5.9	5.6	17.4	73.5	2.3	4.2	4.4
1950-59	1.1	0.3	1.4	2.8	44.3	4.3	7.5	20.0	76.1	2.7	3.8	3.7
1960-69	1.3	0.5	1.2	2.9	40.8	5.5	9.8	20.2	76.4	2.4	3.8	3.6
1970	1.4	0.6	1.2	3.1	36.4	8.9	11.4	18.5	75.2	2.4	3.8	3.5
1971	1.4	0.6	1.1	3.1	35.6	9.6	11.9	18.2	75.3	2.4	3.8	3.5
1972	1.4	0.6	1.2	3.2	34.6	10.4	13.0	17.0	75.0	2.3	3.8	3.5
1973	1.2	0.6	1.2	3.0	33.1	10.5	13.5	17.5	74.6	2.2	4.4	3.6
1974	1.4	0.6	1.1	3.1	32.3	11.2	14.9	16.1	74.4	2.3	3.9	3.7
1975	1.3	0.6	1.1	3.0	31.7	11.6	14.8	15.6	73.8	2.2	4.6	3.7
1976	1.3	0.6	1.1	3.0	29.2	14.0	15.4	15.9	74.6	2.1	4.3	3.6
1977	1.3	0.6	1.1	3.1	28.1	14.8	16.0	15.6	74.6	2.1	4.4	3.5
1978	1.3	0.6	1.2	3.1	27.1	15.3	16.8	16.2	75.4	2.1	4.0	3.4
1979	1.2	0.7	1.1	3.0	25.8	15.6	17.0	16.5	74.9	2.1	4.4	3.6
1980	1.2	0.7	1.0	2.9	24.9	16.4	17.5	16.0	74.8	2.1	4.0	3.6
1981	1.2	0.7	1.1	3.1	24.1	16.8	18.3	15.1	74.4	2.1	4.2	3.7
1982	1.2	0.7	1.0	2.9	22.6	16.8	19.7	15.0	74.2	2.1	4.6	3.7
1983	1.2	0.7	1.0	3.0	21.8	17.2	20.1	15.4	74.4	2.0	4.6	3.6
1984	1.2	0.7	1.1	3.0	21.0	17.0	20.7	16.1	74.7	2.0	4.1	3.6
1985	1.1	0.7	1.1	3.0	19.8	17.5	21.2	15.8	74.4	1.9	4.7	3.6
1986	1.1	0.8	1.1	3.0	18.5	18.2	21.3	16.8	74.8	1.9	4.4	3.7
1987	1.1	0.8	1.1	3.0	17.8	18.6	22.3	16.5	75.1	1.9	3.9	4.0
1988	1.1	0.8	1.1	3.0	16.9	19.1	22.0	16.2	74.1	1.8	4.5	4.2
1989	1.1	0.9	1.1	3.0	15.7	20.9	22.0	15.5	74.1	1.8	4.2	4.4
1990	1.0	0.9	1.1	2.9	14.2	21.2	22.2	16.4	74.0	1.7	4.3	4.5
1991	1.3	0.9	1.0	3.3	13.8	21.6	22.6	15.5	73.4	1.7	4.5	4.7
1992	1.4	0.9	1.0	3.2	13.1	21.4	22.9	15.7	73.2	1.7	4.6	4.7
1993	1.3	1.0	1.0	3.3	12.6	21.4	23.2	15.8	72.9	1.7	4.5	4.8
1994	1.3	1.0	1.0	3.3	12.1	21.2	23.3	16.2	72.8	1.7	4.4	4.9

Continued

Table 23. Calcium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweeteners	Miscellaneous
	Percent															
1909-19	0.8	1.8	2.6	1.6	1.3	0.6	5.1	8.6	0.7	0.0	0.0	0.0	0.0	0.7	1.4	0.9
1920-29	1.0	1.9	2.9	1.3	1.7	0.5	5.3	8.8	0.6	0.0	0.0	0.0	0.0	0.6	1.1	1.3
1930-39	1.4	1.6	3.0	1.1	1.8	0.6	5.0	8.5	0.6	0.0	0.0	0.0	0.0	0.6	1.0	1.4
1940-49	1.7	1.3	3.0	0.9	1.6	0.6	4.2	7.3	0.4	0.0	0.0	0.0	0.0	0.4	0.8	1.3
1950-59	1.3	1.2	2.5	0.8	1.2	0.6	3.6	6.3	0.3	0.0	0.0	0.0	0.0	0.3	0.5	1.3
1960-69	1.1	1.2	2.3	0.9	1.1	0.6	3.6	6.0	0.2	0.0	0.0	0.0	0.0	0.2	0.6	1.7
1970	1.3	1.2	2.5	0.9	1.0	0.9	3.8	6.5	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.2
1971	1.3	1.2	2.5	0.9	0.9	0.9	3.7	6.5	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.1
1972	1.3	1.1	2.4	0.9	1.0	0.9	3.7	6.4	0.2	0.0	0.0	0.0	0.0	0.2	0.8	2.4
1973	1.3	1.1	2.4	0.9	1.0	0.8	3.8	6.6	0.2	0.0	0.0	0.0	0.0	0.2	0.8	2.3
1974	1.4	1.1	2.5	0.9	1.0	0.9	3.9	6.8	0.2	0.0	0.0	0.0	0.0	0.2	0.8	2.3
1975	1.5	1.2	2.7	1.0	1.0	0.9	4.0	6.9	0.2	0.0	0.0	0.0	0.0	0.2	0.9	2.2
1976	1.4	1.1	2.6	0.9	1.0	0.9	3.8	6.7	0.1	0.0	0.0	0.0	0.0	0.1	0.8	2.2
1977	1.4	1.2	2.5	0.9	0.9	0.9	4.0	6.7	0.1	0.0	0.0	0.0	0.0	0.1	0.8	2.1
1978	1.3	1.2	2.5	0.9	0.9	0.8	3.9	6.5	0.1	0.0	0.0	0.0	0.0	0.2	0.8	2.0
1979	1.2	1.1	2.4	0.9	1.0	0.9	3.9	6.7	0.2	0.0	0.0	0.0	0.0	0.2	0.8	2.1
1980	1.4	1.2	2.6	0.9	1.0	1.0	3.9	6.8	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.1
1981	1.3	1.2	2.5	0.9	1.0	0.9	3.9	6.8	0.1	0.0	0.0	0.0	0.0	0.1	0.7	2.2
1982	1.3	1.3	2.6	0.9	1.1	0.9	3.9	6.8	0.1	0.0	0.0	0.0	0.0	0.1	0.7	2.3
1983	1.5	1.3	2.7	0.9	1.0	0.9	3.8	6.5	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.3
1984	1.2	1.4	2.6	0.9	1.1	0.9	3.8	6.6	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.5
1985	1.2	1.3	2.5	1.0	0.9	0.8	3.9	6.6	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.4
1986	1.3	1.4	2.7	1.0	0.9	0.8	3.7	6.3	0.1	0.0	0.0	0.0	0.0	0.1	0.7	2.5
1987	1.2	1.4	2.7	0.9	1.0	0.7	3.5	6.1	0.2	0.0	0.0	0.0	0.0	0.2	0.7	2.5
1988	1.3	1.4	2.7	0.8	1.0	0.7	3.7	6.2	0.1	0.0	0.0	0.0	0.0	0.1	0.7	2.5
1989	1.2	1.5	2.7	0.9	1.0	0.8	3.7	6.4	0.1	0.0	0.0	0.0	0.0	0.1	0.7	2.7
1990	1.1	1.4	2.5	0.9	1.0	0.8	3.7	6.4	0.1	0.0	0.0	0.0	0.0	0.1	0.7	2.8
1991	1.0	1.4	2.4	0.9	1.0	0.8	3.7	6.3	0.1	0.0	0.0	0.0	0.0	0.1	0.8	2.8
1992	1.2	1.4	2.6	0.9	1.0	0.8	3.7	6.3	0.1	0.0	0.0	0.0	0.0	0.1	0.8	2.8
1993	1.3	1.4	2.7	0.9	1.0	0.8	3.8	6.4	0.1	0.0	0.0	0.0	0.0	0.1	0.8	2.7
1994	1.3	1.4	2.7	0.9	1.0	0.8	3.7	6.4	0.1	0.0	0.0	0.0	0.0	0.2	0.8	2.9

Table 24. Phosphorus Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	17.6	1.7	2.4	21.7	17.2	5.0	1.8	3.0	27.0	5.0	4.5	28.4
1920-29	17.0	1.7	2.6	21.3	19.1	4.4	2.0	4.7	30.1	5.3	4.4	24.7
1930-39	16.2	1.8	2.5	20.5	19.8	4.0	2.3	6.7	32.8	5.1	5.1	22.1
1940-49	16.9	2.2	2.1	21.2	22.2	3.1	2.7	8.8	36.7	5.4	5.2	18.3
1950-59	17.4	2.8	2.5	22.7	22.5	2.3	3.6	10.3	38.7	6.2	5.1	15.0
1960-69	18.8	3.9	2.8	25.5	20.0	2.7	4.5	10.2	37.5	5.5	5.3	14.2
1970	19.7	4.6	3.0	27.3	17.4	4.3	5.2	9.2	36.1	5.3	5.3	13.6
1971	20.1	4.6	2.9	27.7	17.0	4.6	5.4	9.1	36.1	5.3	5.2	13.4
1972	19.6	4.8	3.1	27.5	16.4	5.0	5.8	8.6	35.8	5.1	5.7	13.3
1973	18.3	4.7	3.3	26.2	16.0	5.1	6.1	8.9	36.1	5.0	6.2	13.8
1974	19.8	4.7	3.1	27.6	15.2	5.3	6.5	8.1	35.1	4.9	5.8	13.9
1975	17.6	4.6	3.1	25.3	14.8	5.4	6.4	7.9	34.5	4.8	6.5	16.1
1976	17.7	4.8	3.1	25.6	13.7	6.6	6.7	8.1	35.3	4.5	6.2	15.8
1977	17.9	4.8	3.1	25.8	13.2	7.0	7.0	8.0	35.2	4.5	6.3	15.7
1978	17.4	5.0	3.2	25.6	12.8	7.3	7.4	8.3	35.8	4.6	6.2	15.5
1979	16.9	5.3	3.1	25.3	12.2	7.4	7.4	8.5	35.5	4.7	6.4	15.9
1980	17.4	5.5	3.1	25.9	11.6	7.7	7.6	8.3	35.2	4.6	5.8	16.0
1981	17.3	5.7	3.1	26.1	11.2	7.9	7.8	7.8	34.6	4.5	6.2	16.1
1982	16.5	5.7	3.0	25.2	10.6	7.9	8.5	7.9	35.0	4.5	6.6	16.3
1983	16.8	5.7	3.1	25.6	10.2	8.1	8.6	8.1	35.0	4.4	6.6	16.0
1984	16.7	5.7	3.1	25.5	9.8	8.0	8.9	8.4	35.2	4.3	6.2	16.1
1985	16.4	5.7	3.1	25.2	9.3	8.3	9.1	8.4	35.1	4.1	6.7	16.4
1986	16.2	5.9	3.1	25.2	8.6	8.6	9.1	8.8	35.2	4.0	6.4	16.8
1987	15.7	6.3	3.2	25.2	8.2	8.7	9.5	8.6	35.1	4.0	5.9	17.7
1988	15.8	6.4	3.1	25.3	7.7	8.8	9.2	8.3	33.9	3.9	6.4	18.5
1989	15.4	6.6	3.2	25.2	7.1	9.5	9.1	7.9	33.7	3.7	6.2	19.1
1990	14.7	6.5	3.0	24.3	6.5	9.8	9.3	8.4	34.0	3.6	6.1	19.9
1991	14.7	6.9	2.9	24.5	6.2	9.9	9.3	7.9	33.3	3.6	6.2	20.2
1992	14.8	7.0	2.9	24.6	5.9	9.8	9.5	8.1	33.2	3.6	6.2	20.3
1993	14.5	7.1	2.9	24.5	5.7	9.7	9.5	8.0	32.9	3.6	6.0	20.8
1994	14.6	7.2	2.9	24.7	5.5	9.6	9.5	8.1	32.8	3.5	5.9	20.8

Continued

Table 24. Phosphorus Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.2	1.4	1.5	5.5	0.8	0.9	3.3	10.5	0.3	0.0	0.0	0.0	0.0	0.0	0.4	0.8
1920-29	0.2	1.5	1.7	4.7	0.9	0.8	3.8	10.3	0.3	0.0	0.0	0.0	0.0	0.3	0.4	1.3
1930-39	0.3	1.4	1.8	4.2	1.1	0.9	4.0	10.3	0.4	0.0	0.0	0.0	0.0	0.4	0.4	1.6
1940-49	0.5	1.2	1.7	3.6	1.0	1.0	3.8	9.4	0.2	0.0	0.0	0.0	0.0	0.2	0.3	1.6
1950-59	0.5	1.2	1.7	3.3	0.8	1.0	3.4	8.4	0.2	0.0	0.0	0.0	0.0	0.2	0.3	1.7
1960-69	0.5	1.1	1.6	3.2	0.7	0.9	3.2	8.0	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.0
1970	0.6	1.0	1.7	3.2	0.6	1.0	3.3	8.1	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.2
1971	0.7	1.0	1.7	3.0	0.6	1.1	3.2	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.2
1972	0.7	1.0	1.7	3.1	0.6	1.0	3.2	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.5
1973	0.7	1.0	1.7	3.0	0.6	1.0	3.4	8.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.4
1974	0.8	1.0	1.8	3.0	0.6	1.0	3.4	8.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.4
1975	0.8	1.0	1.9	3.2	0.6	1.1	3.4	8.3	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.1
1976	0.8	1.0	1.8	3.0	0.6	1.1	3.3	8.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.3
1977	0.8	1.0	1.8	3.0	0.6	1.0	3.4	8.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.1
1978	0.7	1.1	1.8	2.9	0.6	1.0	3.3	7.8	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.1
1979	0.7	1.0	1.8	2.9	0.6	1.1	3.3	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.1
1980	0.8	1.1	1.9	2.9	0.6	1.1	3.3	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.4	2.1
1981	0.7	1.1	1.9	2.9	0.7	1.0	3.3	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.2
1982	0.7	1.2	1.9	2.9	0.7	1.0	3.3	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.2
1983	0.9	1.1	2.0	2.9	0.7	1.0	3.2	7.8	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.3
1984	0.7	1.2	1.9	2.9	0.7	1.1	3.2	7.9	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.4
1985	0.7	1.2	1.9	2.8	0.7	1.0	3.2	7.7	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.5
1986	0.8	1.2	2.0	2.9	0.6	1.0	3.1	7.6	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.5
1987	0.7	1.2	2.0	2.7	0.7	1.0	2.9	7.3	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.5
1988	0.7	1.2	1.9	2.7	0.7	0.9	2.9	7.2	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.5
1989	0.7	1.2	1.9	2.8	0.7	1.0	2.9	7.4	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.5
1990	0.6	1.1	1.7	2.7	0.7	1.0	3.0	7.4	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.7
1991	0.7	1.1	1.8	2.7	0.6	1.0	2.9	7.3	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.7
1992	0.7	1.1	1.8	2.7	0.7	1.0	3.0	7.3	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.7
1993	0.8	1.1	1.9	2.8	0.7	1.0	2.9	7.4	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.6
1994	0.8	1.1	1.9	2.8	0.7	1.0	2.9	7.3	0.1	0.0	0.0	0.0	0.0	0.1	0.3	2.5

Table 25. Magnesium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	6.6	0.8	1.4	8.8	9.5	2.2	0.4	1.3	13.3	1.1	9.9	36.4
1920-29	6.5	0.8	1.4	8.8	10.9	1.9	0.4	2.1	15.4	1.2	9.8	31.3
1930-39	6.3	0.9	1.3	8.4	11.3	1.8	0.5	3.1	16.7	1.1	11.2	27.5
1940-49	6.8	1.2	1.2	9.2	13.3	1.4	0.6	4.3	19.7	1.3	11.8	22.8
1950-59	7.6	1.5	1.6	10.7	14.3	1.2	0.9	5.3	21.7	1.6	12.0	19.5
1960-69	8.3	2.3	1.9	12.4	12.9	1.6	1.1	5.4	21.1	1.4	12.5	18.5
1970	8.8	2.7	2.0	13.5	11.3	2.7	1.3	5.1	20.4	1.3	12.3	17.8
1971	9.0	2.7	2.0	13.7	11.1	2.9	1.3	5.2	20.5	1.3	12.4	17.7
1972	8.7	2.8	2.1	13.6	10.6	3.1	1.4	4.9	20.0	1.3	12.9	17.3
1973	8.0	2.7	2.2	12.9	10.1	3.1	1.5	5.0	19.7	1.2	14.2	17.7
1974	8.8	2.7	2.1	13.6	9.8	3.3	1.6	4.8	19.4	1.2	13.1	18.0
1975	8.0	2.6	2.1	12.7	9.4	3.3	1.5	4.6	18.9	1.2	14.6	18.5
1976	8.1	2.8	2.2	13.0	8.8	4.1	1.6	4.8	19.4	1.1	14.0	18.3
1977	8.3	2.8	2.2	13.3	8.6	4.4	1.7	4.8	19.6	1.2	14.4	18.6
1978	8.1	3.0	2.3	13.3	8.4	4.6	1.8	5.0	19.9	1.2	14.0	18.5
1979	7.7	3.1	2.2	13.0	7.9	4.7	1.8	5.2	19.5	1.2	14.4	18.6
1980	8.0	3.3	2.2	13.4	7.6	4.9	1.9	5.1	19.5	1.2	13.3	19.0
1981	7.9	3.4	2.2	13.5	7.3	5.0	1.9	4.8	19.0	1.2	14.0	19.0
1982	7.5	3.3	2.1	12.9	6.8	5.0	2.1	4.9	18.7	1.1	15.0	19.0
1983	7.7	3.3	2.2	13.2	6.6	5.1	2.1	5.0	18.7	1.1	14.8	18.9
1984	7.6	3.3	2.2	13.2	6.4	5.0	2.2	5.2	18.7	1.1	13.9	19.2
1985	7.4	3.3	2.2	13.0	5.9	5.1	2.2	5.2	18.4	1.0	15.0	19.5
1986	7.3	3.4	2.2	13.0	5.5	5.3	2.2	5.4	18.4	1.0	14.2	20.3
1987	7.2	3.7	2.3	13.2	5.3	5.4	2.3	5.3	18.4	1.0	13.2	21.6
1988	7.1	3.7	2.2	13.0	4.9	5.4	2.2	5.1	17.6	1.0	14.3	22.5
1989	6.9	3.8	2.2	12.9	4.5	5.8	2.2	4.8	17.3	0.9	13.5	23.3
1990	6.6	3.7	2.1	12.4	4.1	5.9	2.2	5.1	17.3	0.9	13.4	24.2
1991	6.5	3.9	2.0	12.4	3.9	5.9	2.2	4.8	16.8	0.9	13.7	24.5
1992	6.5	4.0	2.0	12.5	3.7	5.8	2.2	4.9	16.6	0.9	13.7	24.6
1993	6.4	4.1	2.0	12.5	3.5	5.8	2.2	4.9	16.5	0.9	13.3	25.3
1994	6.5	4.2	2.1	12.7	3.4	5.8	2.3	4.9	16.4	0.9	13.2	25.5

Continued

Table 25. Magnesium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.4	4.1	4.5	9.6	1.3	1.7	5.9	18.5	0.1	0.0	0.0	0.0	0.0	0.1	2.0	5.5
1920-29	0.5	4.6	5.3	8.5	2.1	1.6	6.8	19.0	0.1	0.0	0.0	0.0	0.0	0.1	1.5	7.6
1930-39	1.0	4.5	5.5	7.7	2.4	1.8	7.2	19.1	0.1	0.0	0.0	0.0	0.0	0.1	1.4	8.9
1940-49	1.5	3.9	5.4	6.8	2.4	2.1	7.1	18.3	0.1	0.0	0.0	0.0	0.0	0.1	1.3	10.1
1950-59	1.7	4.3	6.0	6.6	1.9	2.2	6.7	17.4	0.1	0.0	0.0	0.0	0.0	0.1	0.8	10.3
1960-69	1.7	4.0	5.7	6.5	1.6	2.0	6.4	16.5	0.1	0.0	0.0	0.0	0.0	0.1	0.8	11.1
1970	2.0	4.0	6.0	6.4	1.4	2.3	6.6	16.7	0.0	0.0	0.0	0.0	0.0	0.0	0.8	11.1
1971	2.2	4.0	6.2	6.0	1.4	2.5	6.6	16.5	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.9
1972	2.3	3.8	6.1	6.1	1.4	2.4	6.4	16.2	0.0	0.0	0.0	0.0	0.0	0.0	0.9	11.7
1973	2.3	3.7	6.0	5.9	1.5	2.2	6.6	16.1	0.0	0.0	0.0	0.0	0.0	0.0	0.9	11.3
1974	2.4	3.8	6.2	5.9	1.5	2.4	6.6	16.3	0.0	0.0	0.0	0.0	0.0	0.0	0.9	11.1
1975	2.6	3.9	6.5	6.1	1.4	2.4	6.6	16.5	0.0	0.0	0.0	0.0	0.0	0.0	0.9	10.1
1976	2.5	3.9	6.4	5.9	1.4	2.4	6.5	16.2	0.0	0.0	0.0	0.0	0.0	0.0	0.9	10.6
1977	2.5	4.0	6.5	5.9	1.4	2.4	6.7	16.4	0.0	0.0	0.0	0.0	0.0	0.0	0.9	9.1
1978	2.4	4.1	6.5	5.8	1.4	2.3	6.6	16.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	9.7
1979	2.3	4.1	6.4	5.7	1.5	2.4	6.5	16.1	0.0	0.0	0.0	0.0	0.0	0.0	0.9	9.8
1980	2.6	4.2	6.7	5.8	1.4	2.5	6.6	16.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	9.7
1981	2.4	4.3	6.7	5.7	1.5	2.3	6.5	16.1	0.0	0.0	0.0	0.0	0.0	0.0	0.8	9.9
1982	2.3	4.4	6.8	5.6	1.5	2.3	6.4	15.9	0.0	0.0	0.0	0.0	0.0	0.0	0.8	9.8
1983	2.6	4.2	6.9	5.7	1.4	2.3	6.2	15.6	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.0
1984	2.2	4.5	6.6	5.7	1.5	2.5	6.2	15.9	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.5
1985	2.2	4.4	6.5	5.4	1.5	2.3	6.0	15.2	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.5
1986	2.4	4.5	6.9	5.5	1.4	2.3	5.8	15.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.5
1987	2.3	4.6	6.9	5.3	1.4	2.2	5.5	14.4	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.5
1988	2.2	4.4	6.7	5.2	1.4	2.1	5.4	14.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.1
1989	2.0	4.5	6.5	5.2	1.4	2.3	5.4	14.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.3
1990	1.7	4.3	6.0	5.0	1.4	2.3	5.4	14.2	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.8
1991	1.9	4.2	6.2	5.0	1.3	2.3	5.3	13.9	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.8
1992	1.9	4.4	6.3	5.1	1.4	2.2	5.3	13.9	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.6
1993	2.2	4.4	6.6	5.2	1.4	2.3	5.2	14.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	10.1
1994	2.2	4.4	6.6	5.3	1.3	2.2	5.2	14.1	0.0	0.0	0.0	0.0	0.0	0.0	0.9	9.6

Table 26. Iron Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	16.4	1.6	2.0	20.0	1.0	0.2	0.3	0.2	1.7	4.3	12.8	33.4
1920-29	16.0	1.7	2.0	19.7	1.1	0.2	0.3	0.4	2.0	4.8	12.4	29.5
1930-39	15.4	1.8	1.7	19.0	1.2	0.2	0.4	0.5	2.3	4.7	14.3	26.8
1940-49	15.4	2.1	1.5	19.0	1.3	0.1	0.4	0.6	2.4	4.7	12.5	32.5
1950-59	16.3	2.8	1.5	20.6	1.3	0.1	0.5	0.7	2.6	5.2	11.1	35.0
1960-69	17.7	3.6	1.6	22.8	1.2	0.2	0.6	0.6	2.6	4.5	10.3	35.9
1970	17.9	3.6	1.7	23.3	1.0	0.3	0.7	0.5	2.4	4.0	9.4	36.6
1971	17.9	3.6	1.6	23.1	1.0	0.3	0.7	0.5	2.4	4.0	9.3	37.2
1972	17.6	3.7	1.7	23.0	0.9	0.3	0.7	0.5	2.4	3.9	9.3	37.4
1973	16.1	3.5	1.8	21.3	0.9	0.3	0.7	0.5	2.4	3.7	10.5	38.5
1974	15.1	3.1	1.5	19.6	0.7	0.2	0.6	0.4	2.0	3.2	7.9	46.8
1975	12.9	2.7	1.4	17.0	0.6	0.2	0.6	0.4	1.8	2.8	8.3	51.4
1976	11.2	2.4	1.1	14.7	0.5	0.2	0.5	0.3	1.6	2.3	6.7	58.5
1977	11.4	2.5	1.2	15.0	0.5	0.3	0.6	0.3	1.7	2.3	6.9	58.0
1978	11.1	2.6	1.2	14.8	0.5	0.3	0.6	0.3	1.7	2.4	6.5	58.7
1979	14.9	3.9	1.6	20.4	0.7	0.4	0.8	0.5	2.4	3.5	10.1	40.7
1980	15.1	4.0	1.6	20.6	0.6	0.4	0.9	0.5	2.4	3.4	9.1	41.2
1981	15.0	4.0	1.8	20.8	0.6	0.4	0.9	0.5	2.4	3.3	9.3	41.2
1982	14.3	3.9	1.7	19.9	0.6	0.4	1.0	0.5	2.4	3.3	10.2	41.3
1983	13.9	3.7	1.7	19.3	0.5	0.4	0.9	0.5	2.3	3.0	9.6	43.9
1984	13.2	3.5	1.7	18.3	0.5	0.4	0.9	0.5	2.3	2.9	8.1	46.8
1985	12.8	3.4	1.8	18.0	0.4	0.4	0.9	0.5	2.2	2.7	9.3	46.8
1986	12.7	3.5	1.5	17.7	0.4	0.4	0.9	0.5	2.2	2.7	8.9	47.5
1987	12.2	3.8	1.7	17.8	0.4	0.4	0.9	0.5	2.3	2.7	7.7	48.9
1988	11.9	3.8	1.7	17.3	0.4	0.4	0.9	0.5	2.2	2.5	8.8	49.2
1989	11.6	3.9	1.7	17.2	0.3	0.5	0.9	0.5	2.1	2.4	8.1	49.3
1990	11.1	3.8	1.6	16.5	0.3	0.5	0.9	0.5	2.1	2.4	8.2	49.9
1991	11.0	4.0	1.7	16.6	0.3	0.5	0.9	0.4	2.1	2.3	8.5	49.9
1992	10.9	4.0	1.7	16.6	0.3	0.5	0.9	0.5	2.1	2.3	8.7	49.6
1993	10.5	4.0	1.6	16.2	0.3	0.5	0.9	0.5	2.1	2.3	8.4	50.5
1994	10.6	4.1	1.6	16.3	0.3	0.4	0.9	0.4	2.1	2.3	8.3	50.5

Continued

Table 26. Iron Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.2	3.2	3.4	9.5	1.7	1.9	5.5	18.7	0.3	0.0	0.0	0.0	0.0	0.3	3.1	2.5
1920-29	0.3	3.8	4.1	8.7	2.5	1.9	7.2	20.4	0.3	0.0	0.0	0.0	0.0	0.3	2.7	4.1
1930-39	0.4	3.7	4.1	7.9	2.9	2.2	7.9	20.9	0.3	0.0	0.0	0.0	0.0	0.3	2.6	5.1
1940-49	0.7	3.0	3.7	6.3	2.5	2.4	7.0	18.2	0.2	0.0	0.0	0.0	0.0	0.2	2.2	4.6
1950-59	0.7	2.9	3.6	5.5	1.9	2.3	6.2	15.9	0.1	0.0	0.0	0.0	0.0	0.1	1.3	4.4
1960-69	0.6	2.6	3.2	5.1	1.5	2.0	5.7	14.4	0.1	0.0	0.0	0.0	0.0	0.1	1.3	5.0
1970	0.6	2.5	3.1	5.0	1.2	2.3	5.8	14.3	0.1	0.0	0.0	0.0	0.0	0.1	1.3	5.5
1971	0.7	2.5	3.2	4.7	1.2	2.5	5.7	14.1	0.1	0.0	0.0	0.0	0.0	0.1	1.3	5.4
1972	0.7	2.3	3.0	4.8	1.2	2.3	5.5	13.8	0.1	0.0	0.0	0.0	0.0	0.1	1.3	5.8
1973	0.7	2.2	2.9	4.7	1.3	2.2	5.6	13.8	0.1	0.0	0.0	0.0	0.0	0.1	1.3	5.6
1974	0.6	2.0	2.6	4.0	1.1	1.9	4.9	11.9	0.0	0.0	0.0	0.0	0.0	0.1	1.1	4.8
1975	0.6	1.9	2.5	3.9	1.0	1.8	4.5	11.2	0.0	0.0	0.0	0.0	0.0	0.1	1.0	4.0
1976	0.5	1.6	2.1	3.3	0.8	1.6	3.8	9.5	0.0	0.0	0.0	0.0	0.0	0.1	0.9	3.6
1977	0.5	1.6	2.1	3.3	0.8	1.6	3.9	9.6	0.0	0.0	0.0	0.0	0.0	0.1	0.9	3.4
1978	0.5	1.7	2.1	3.2	0.8	1.5	3.9	9.4	0.0	0.0	0.0	0.0	0.0	0.1	0.9	3.4
1979	0.7	2.3	3.0	4.6	1.2	2.3	5.5	13.6	0.1	0.0	0.0	0.0	0.0	0.1	1.3	5.0
1980	0.7	2.5	3.2	4.6	1.2	2.3	5.5	13.6	0.1	0.0	0.0	0.0	0.0	0.1	1.2	5.1
1981	0.7	2.4	3.1	4.6	1.2	2.2	5.4	13.4	0.1	0.0	0.0	0.0	0.0	0.1	1.2	5.2
1982	0.6	2.6	3.2	4.5	1.2	2.2	5.3	13.2	0.1	0.0	0.0	0.0	0.0	0.1	1.2	5.3
1983	0.7	2.4	3.1	4.3	1.1	2.0	4.9	12.4	0.1	0.0	0.0	0.0	0.0	0.1	1.1	5.3
1984	0.5	2.4	3.0	4.2	1.1	2.1	4.6	12.1	0.1	0.0	0.0	0.0	0.0	0.1	1.0	5.4
1985	0.5	2.4	2.9	4.0	1.1	1.9	4.7	11.7	0.1	0.0	0.0	0.0	0.0	0.1	1.0	5.3
1986	0.6	2.4	3.0	4.1	1.1	2.0	4.5	11.6	0.0	0.0	0.0	0.0	0.0	0.1	1.0	5.4
1987	0.6	2.5	3.0	4.0	1.0	1.9	4.3	11.2	0.0	0.0	0.0	0.0	0.0	0.1	1.0	5.4
1988	0.5	2.4	2.9	3.8	1.0	1.8	4.2	10.8	0.0	0.0	0.0	0.0	0.0	0.1	1.0	5.2
1989	0.5	2.4	2.9	3.9	1.0	2.0	4.3	11.3	0.0	0.0	0.0	0.0	0.0	0.1	1.0	5.5
1990	0.5	2.3	2.8	3.8	1.0	2.1	4.3	11.2	0.0	0.0	0.0	0.0	0.0	0.1	1.0	5.8
1991	0.5	2.2	2.7	3.8	1.0	2.0	4.2	11.0	0.0	0.0	0.0	0.0	0.0	0.1	1.0	5.7
1992	0.5	2.3	2.8	3.8	1.0	1.9	4.2	11.0	0.0	0.0	0.0	0.0	0.0	0.1	1.1	5.7
1993	0.5	2.3	2.8	3.9	1.0	2.0	4.1	11.0	0.0	0.0	0.0	0.0	0.0	0.1	1.1	5.5
1994	0.5	2.3	2.8	4.0	1.0	1.9	4.0	11.0	0.0	0.0	0.0	0.0	0.0	0.1	1.1	5.6

Table 27. Zinc Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
	Meat	Poultry	Fish	Total	Fluid Milk: Whole	Fluid Milk: Lowfat	Cheese	Other	Total			
	Percent											
1909-19	30.0	1.7	10.5	42.2	7.9	2.2	1.2	1.3	12.6	3.4	5.6	24.1
1920-29	30.0	1.9	8.3	40.2	9.3	2.1	1.4	2.2	14.9	3.9	5.7	21.9
1930-39	29.9	2.0	6.1	38.0	9.9	2.0	1.7	3.2	16.8	3.9	6.8	20.3
1940-49	31.7	2.7	4.9	39.3	11.4	1.5	2.0	4.4	19.3	4.3	6.8	16.9
1950-59	34.1	3.7	4.3	42.1	11.5	1.2	2.7	5.2	20.5	4.9	6.3	14.0
1960-69	37.3	5.0	3.1	45.4	10.0	1.4	3.2	5.0	19.6	4.2	6.2	12.9
1970	39.2	5.5	2.9	47.6	8.5	2.1	3.7	4.3	18.6	3.9	6.0	12.1
1971	39.4	5.5	2.9	47.8	8.3	2.3	3.9	4.2	18.7	3.9	5.9	12.0
1972	39.0	5.8	3.0	47.8	8.0	2.4	4.2	3.9	18.6	3.8	6.0	11.9
1973	37.2	5.7	3.0	45.9	7.9	2.5	4.5	4.2	19.0	3.8	6.8	12.5
1974	39.4	5.6	3.1	48.1	7.4	2.6	4.7	3.6	18.3	3.6	5.9	12.3
1975	38.2	5.5	3.0	46.8	7.2	2.7	4.7	3.5	18.1	3.6	6.6	13.1
1976	38.6	5.7	3.0	47.3	6.7	3.3	4.9	3.6	18.5	3.4	6.2	12.9
1977	38.6	5.8	3.0	47.4	6.5	3.4	5.1	3.6	18.6	3.4	6.2	12.8
1978	37.7	6.1	3.0	46.9	6.4	3.6	5.4	3.8	19.2	3.5	6.0	12.8
1979	35.9	6.6	3.0	45.5	6.2	3.8	5.5	3.9	19.3	3.6	6.5	13.4
1980	36.3	6.8	3.1	46.2	5.9	3.9	5.7	3.7	19.2	3.5	5.7	13.5
1981	36.2	7.0	3.1	46.2	5.6	3.9	5.8	3.5	18.8	3.4	6.1	13.5
1982	35.1	7.0	3.0	45.1	5.3	4.0	6.4	3.5	19.2	3.4	6.7	13.7
1983	35.6	6.9	3.0	45.5	5.1	4.1	6.4	3.6	19.2	3.3	6.6	13.5
1984	35.4	6.9	3.0	45.3	5.0	4.1	6.7	3.8	19.5	3.3	6.1	13.6
1985	34.8	6.9	3.0	44.7	4.7	4.2	6.8	3.7	19.4	3.2	6.8	13.9
1986	34.3	7.2	2.9	44.4	4.4	4.4	6.9	3.9	19.5	3.1	6.6	14.4
1987	33.5	7.9	2.1	43.6	4.2	4.5	7.2	3.9	19.9	3.1	6.0	15.5
1988	33.2	8.0	2.0	43.3	3.9	4.5	6.9	3.8	19.2	3.0	6.7	16.1
1989	32.3	8.4	2.1	42.8	3.7	4.9	7.0	3.6	19.2	2.9	6.3	16.7
1990	31.2	8.3	1.9	41.5	3.4	5.1	7.2	3.9	19.5	2.9	6.3	17.5
1991	30.8	8.8	1.9	41.5	3.2	5.1	7.2	3.6	19.1	2.8	6.6	17.8
1992	30.8	8.8	2.0	41.6	3.1	5.1	7.3	3.6	19.0	2.8	6.6	17.8
1993	30.2	9.0	2.0	41.2	2.9	5.1	7.3	3.6	19.0	2.8	6.4	18.3
1994	30.4	9.1	1.9	41.5	2.8	5.0	7.4	3.7	18.9	2.8	6.3	18.4

Continued

Table 27. Zinc Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.1	1.1	1.2	5.2	0.7	0.4	2.8	9.2	0.1	0.0	0.0	0.1	0.0	0.2	0.7	0.9
1920-29	0.1	1.2	1.4	4.8	0.9	0.4	3.4	9.6	0.1	0.0	0.0	0.1	0.0	0.2	0.7	1.5
1930-39	0.2	1.3	1.5	4.4	1.1	0.5	3.9	9.9	0.1	0.0	0.0	0.1	0.0	0.2	0.7	1.8
1940-49	0.4	1.1	1.5	3.8	1.0	0.6	3.8	9.2	0.1	0.0	0.0	0.1	0.0	0.2	0.6	1.9
1950-59	0.3	1.1	1.4	3.5	0.7	0.7	3.4	8.3	0.0	0.0	0.0	0.1	0.0	0.2	0.5	1.8
1960-69	0.3	1.0	1.3	3.3	0.6	0.6	3.2	7.6	0.0	0.0	0.0	0.1	0.0	0.1	0.5	2.1
1970	0.3	1.0	1.3	3.1	0.5	0.7	3.2	7.6	0.0	0.0	0.0	0.1	0.0	0.1	0.5	2.4
1971	0.4	1.0	1.3	3.0	0.5	0.8	3.1	7.4	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.4
1972	0.4	0.9	1.3	3.0	0.5	0.7	3.1	7.4	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.6
1973	0.4	0.9	1.3	3.0	0.6	0.7	3.3	7.6	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.6
1974	0.4	0.9	1.3	2.9	0.6	0.7	3.2	7.4	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.4
1975	0.4	0.9	1.4	3.1	0.6	0.7	3.3	7.7	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.2
1976	0.4	0.9	1.3	3.0	0.6	0.8	3.2	7.5	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.4
1977	0.4	0.9	1.3	3.0	0.5	0.7	3.3	7.5	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.2
1978	0.4	1.0	1.4	2.9	0.5	0.7	3.3	7.4	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.3
1979	0.4	1.0	1.4	3.0	0.6	0.8	3.3	7.6	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.3
1980	0.4	1.0	1.4	3.0	0.6	0.8	3.3	7.6	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.3
1981	0.4	1.0	1.4	2.9	0.6	0.7	3.2	7.5	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.5
1982	0.4	1.0	1.4	2.9	0.6	0.7	3.2	7.5	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.5
1983	0.4	1.0	1.4	3.0	0.6	0.7	3.1	7.4	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.6
1984	0.4	1.1	1.4	3.0	0.6	0.8	3.1	7.5	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.7
1985	0.4	1.0	1.4	2.8	0.6	0.7	3.1	7.3	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.8
1986	0.4	1.1	1.4	2.9	0.6	0.7	3.0	7.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.8
1987	0.4	1.1	1.5	2.8	0.6	0.7	2.9	7.1	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.9
1988	0.4	1.1	1.5	2.8	0.6	0.7	2.9	7.0	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.9
1989	0.3	1.1	1.4	2.9	0.6	0.8	3.0	7.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	2.9
1990	0.3	1.1	1.4	2.8	0.6	0.8	3.1	7.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	3.2
1991	0.3	1.1	1.4	2.8	0.6	0.8	3.0	7.1	0.0	0.0	0.0	0.0	0.0	0.1	0.5	3.1
1992	0.3	1.1	1.4	2.8	0.6	0.8	3.0	7.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	3.1
1993	0.4	1.1	1.5	2.9	0.6	0.8	2.9	7.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	3.0
1994	0.4	1.1	1.4	2.9	0.6	0.8	2.9	7.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	3.0

Table 28. Copper Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	11.4	0.5	3.9	15.9	1.4	0.4	0.1	0.2	2.0	0.3	10.4	27.6
1920-29	11.3	0.6	3.3	15.1	1.6	0.4	0.1	0.3	2.3	0.3	10.4	25.2
1930-39	10.9	0.6	2.4	13.9	1.7	0.3	0.1	0.4	2.5	0.3	12.7	22.9
1940-49	12.7	0.8	2.1	15.7	2.0	0.3	0.2	0.5	3.0	0.4	14.0	20.4
1950-59	13.7	1.2	2.2	17.0	2.3	0.3	0.3	0.6	3.4	0.4	15.4	18.2
1960-69	14.6	1.7	1.9	18.3	2.2	0.4	0.3	0.6	3.5	0.4	16.4	17.6
1970	15.3	2.0	2.0	19.3	2.0	0.5	0.4	0.6	3.4	0.4	16.2	16.9
1971	15.6	2.0	2.0	19.6	2.0	0.5	0.4	0.6	3.4	0.4	16.3	16.8
1972	14.7	2.0	2.0	18.7	1.9	0.5	0.4	0.5	3.4	0.4	18.4	16.1
1973	13.4	2.0	1.9	17.3	1.8	0.5	0.4	0.5	3.3	0.4	20.2	16.7
1974	14.7	2.0	2.0	18.7	1.7	0.5	0.4	0.5	3.2	0.3	19.5	16.7
1975	13.3	1.9	1.9	17.0	1.6	0.6	0.4	0.5	3.1	0.3	21.1	17.9
1976	13.4	2.0	1.8	17.2	1.6	0.7	0.4	0.5	3.2	0.3	20.9	17.9
1977	13.5	2.0	1.8	17.3	1.5	0.8	0.5	0.5	3.3	0.3	21.7	17.7
1978	13.2	2.0	1.9	17.1	1.5	0.8	0.5	0.6	3.3	0.3	21.7	17.8
1979	12.6	2.1	1.8	16.5	1.4	0.8	0.5	0.6	3.2	0.3	21.9	18.2
1980	12.8	2.2	1.8	16.8	1.3	0.8	0.5	0.6	3.2	0.3	20.7	18.4
1981	12.7	2.2	1.9	16.9	1.2	0.9	0.5	0.6	3.1	0.3	21.4	18.5
1982	11.8	2.2	1.8	15.8	1.1	0.9	0.5	0.6	3.1	0.3	22.4	18.6
1983	12.1	2.2	1.9	16.2	1.1	0.9	0.5	0.6	3.1	0.3	22.1	18.2
1984	12.1	2.2	1.9	16.1	1.1	0.9	0.5	0.6	3.1	0.3	21.2	18.3
1985	11.6	2.1	2.0	15.8	1.0	0.9	0.5	0.6	3.1	0.3	22.3	18.6
1986	11.4	2.2	1.9	15.6	0.9	0.9	0.6	0.7	3.1	0.3	21.5	19.1
1987	11.3	2.4	1.7	15.4	0.9	1.0	0.6	0.7	3.1	0.3	20.4	20.4
1988	10.9	2.4	1.6	14.9	0.9	1.0	0.6	0.6	3.0	0.3	21.5	20.9
1989	10.7	2.5	1.6	14.8	0.8	1.0	0.5	0.6	3.0	0.3	20.6	21.3
1990	10.3	2.5	1.5	14.4	0.7	1.0	0.5	0.6	2.9	0.3	20.5	22.1
1991	10.0	2.6	1.5	14.2	0.7	1.0	0.5	0.6	2.9	0.2	20.6	22.3
1992	10.0	2.6	1.5	14.2	0.6	1.0	0.5	0.6	2.8	0.2	20.6	22.4
1993	9.7	2.6	1.5	13.9	0.6	1.0	0.5	0.6	2.8	0.2	20.2	23.0
1994	9.8	2.7	1.5	14.0	0.6	1.0	0.6	0.6	2.8	0.2	20.0	23.3

Continued

Table 28. Copper Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils						Sugars & Sweeteners	Miscellaneous
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & Beef Tallow	Salad & Cooking Oils	Total		
	Percent															
1909-19	0.4	5.1	5.4	22.5	2.5	2.4	4.0	31.4	0.2	0.0	0.0	0.0	0.0	0.2	3.0	4.0
1920-29	0.6	5.8	6.4	20.3	2.9	2.2	5.0	30.4	0.2	0.0	0.0	0.0	0.0	0.2	3.5	5.8
1930-39	0.9	5.7	6.6	18.7	3.1	2.6	5.6	30.0	0.2	0.0	0.0	0.0	0.0	0.2	3.6	7.2
1940-49	1.4	5.3	6.7	16.9	2.7	3.3	5.8	28.6	0.1	0.0	0.0	0.0	0.0	0.1	3.4	7.9
1950-59	1.6	5.4	7.0	15.8	1.9	3.6	5.6	27.0	0.1	0.0	0.0	0.0	0.0	0.1	3.7	7.7
1960-69	1.6	5.1	6.7	13.9	1.6	3.5	5.6	24.6	0.1	0.0	0.0	0.0	0.0	0.1	4.1	8.5
1970	1.8	5.1	6.9	12.6	1.5	4.2	5.7	24.0	0.1	0.0	0.0	0.0	0.0	0.1	4.3	8.6
1971	2.0	5.1	7.1	11.8	1.5	4.6	5.6	23.5	0.1	0.0	0.0	0.0	0.0	0.1	4.4	8.5
1972	2.0	4.7	6.7	11.7	1.5	4.2	5.4	22.8	0.1	0.0	0.0	0.0	0.0	0.1	4.3	9.1
1973	2.0	4.6	6.6	11.1	1.5	4.0	5.6	22.2	0.1	0.0	0.0	0.0	0.0	0.1	4.4	8.8
1974	2.1	4.7	6.8	10.8	1.5	4.2	5.7	22.1	0.1	0.0	0.0	0.0	0.0	0.1	4.3	8.2
1975	2.2	4.7	7.0	11.1	1.5	4.1	5.5	22.2	0.1	0.0	0.0	0.0	0.0	0.1	4.1	7.1
1976	2.2	4.7	6.9	10.5	1.5	4.2	5.5	21.6	0.1	0.0	0.0	0.0	0.0	0.1	4.1	7.8
1977	2.1	4.8	6.9	10.6	1.3	4.1	5.6	21.6	0.1	0.0	0.0	0.0	0.0	0.1	4.3	6.9
1978	2.0	4.9	6.9	10.2	1.3	4.0	5.7	21.2	0.1	0.0	0.0	0.0	0.0	0.1	4.3	7.2
1979	2.0	4.8	6.8	10.4	1.4	4.2	5.7	21.6	0.1	0.0	0.0	0.0	0.0	0.1	4.2	7.1
1980	2.2	5.0	7.1	10.6	1.3	4.2	5.7	21.8	0.1	0.0	0.0	0.0	0.0	0.1	4.4	7.2
1981	2.0	5.1	7.1	10.1	1.4	4.0	5.6	21.1	0.1	0.0	0.0	0.0	0.0	0.1	4.1	7.5
1982	2.0	5.2	7.2	10.1	1.4	4.0	5.5	21.0	0.1	0.0	0.0	0.0	0.0	0.1	4.0	7.5
1983	2.3	5.0	7.3	10.3	1.3	3.9	5.4	21.0	0.1	0.0	0.0	0.0	0.0	0.1	4.0	7.8
1984	1.9	5.3	7.2	10.2	1.4	4.4	5.5	21.4	0.1	0.0	0.0	0.0	0.0	0.1	4.0	8.3
1985	1.9	5.2	7.1	9.6	1.4	4.0	5.5	20.4	0.1	0.0	0.0	0.0	0.0	0.1	4.0	8.5
1986	2.0	5.4	7.4	9.9	1.3	4.0	5.3	20.5	0.1	0.0	0.0	0.0	0.0	0.1	3.9	8.6
1987	2.0	5.6	7.6	9.5	1.2	4.0	5.2	19.9	0.1	0.0	0.0	0.0	0.0	0.1	4.1	8.7
1988	2.0	5.5	7.4	9.4	1.2	3.8	5.1	19.5	0.1	0.0	0.0	0.0	0.0	0.1	4.0	8.4
1989	1.8	5.5	7.3	9.5	1.2	4.1	5.1	20.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	8.7
1990	1.5	5.3	6.8	9.0	1.2	4.3	5.2	19.7	0.0	0.0	0.0	0.0	0.0	0.0	4.1	9.2
1991	1.7	5.2	6.9	8.9	1.1	4.3	5.1	19.4	0.0	0.0	0.0	0.0	0.0	0.0	4.0	9.4
1992	1.7	5.3	7.0	9.1	1.2	4.1	5.0	19.4	0.0	0.0	0.0	0.0	0.0	0.0	4.1	9.3
1993	2.0	5.2	7.2	9.3	1.2	4.2	5.0	19.6	0.0	0.0	0.0	0.0	0.0	0.0	4.2	8.9
1994	2.0	5.2	7.2	9.5	1.2	4.1	4.9	19.8	0.1	0.0	0.0	0.0	0.0	0.1	4.2	8.4

Table 29. Potassium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, Poultry, Fish				Dairy Products					Eggs	Legumes, Nuts & Soy	Grain Products
					Fluid Milk							
	Meat	Poultry	Fish	Total	Whole	Lowfat	Cheese	Other	Total			
	Percent											
1909-19	10.2	0.8	1.2	12.2	10.3	3.1	0.2	1.7	15.2	1.3	7.7	12.4
1920-29	9.9	0.8	1.3	12.1	11.6	2.7	0.2	2.8	17.3	1.4	7.2	10.6
1930-39	9.4	0.8	1.2	11.5	12.0	2.5	0.2	4.1	18.8	1.3	8.2	9.3
1940-49	10.1	1.1	1.1	12.3	13.9	2.0	0.2	5.6	21.7	1.4	8.0	7.7
1950-59	10.9	1.5	1.4	13.7	14.7	1.5	0.3	7.0	23.5	1.7	7.8	6.6
1960-69	12.2	2.1	1.6	15.9	13.4	1.9	0.4	7.3	23.0	1.6	7.9	6.4
1970	13.0	2.5	1.8	17.3	11.8	2.9	0.5	6.8	22.0	1.5	7.7	6.2
1971	13.3	2.5	1.7	17.6	11.6	3.2	0.5	6.8	22.1	1.5	7.7	6.1
1972	13.0	2.6	1.9	17.5	11.2	3.4	0.5	6.5	21.6	1.5	8.0	6.1
1973	12.1	2.5	1.9	16.6	10.8	3.5	0.6	6.7	21.5	1.4	9.2	6.3
1974	13.2	2.6	1.9	17.6	10.3	3.6	0.6	6.2	20.8	1.4	8.3	6.3
1975	11.8	2.5	1.8	16.1	9.9	3.7	0.6	6.0	20.2	1.4	9.3	6.9
1976	12.0	2.6	1.9	16.5	9.4	4.6	0.6	6.3	20.8	1.3	9.0	6.9
1977	12.3	2.7	1.9	16.8	9.1	4.9	0.7	6.3	20.9	1.3	9.4	6.9
1978	12.0	2.8	2.0	16.8	8.9	5.1	0.7	6.6	21.3	1.4	8.9	6.9
1979	11.5	3.0	1.9	16.4	8.4	5.1	0.7	6.7	20.9	1.4	9.4	7.0
1980	11.8	3.1	1.9	16.8	8.0	5.4	0.7	6.5	20.7	1.3	8.6	7.1
1981	11.9	3.2	1.9	17.0	7.8	5.5	0.7	6.2	20.2	1.3	9.0	7.2
1982	11.3	3.2	1.9	16.4	7.3	5.5	0.8	6.3	19.9	1.3	9.7	7.2
1983	11.5	3.2	1.9	16.6	7.1	5.6	0.8	6.4	19.9	1.3	9.6	7.1
1984	11.5	3.2	2.0	16.7	6.8	5.6	0.8	6.7	20.0	1.3	8.7	7.2
1985	11.4	3.2	1.9	16.5	6.5	5.8	0.9	6.7	19.9	1.2	9.8	7.4
1986	11.2	3.4	1.9	16.5	6.0	6.0	0.9	7.1	20.0	1.2	9.3	7.6
1987	11.1	3.7	2.0	16.8	5.9	6.3	0.9	7.1	20.1	1.2	8.4	8.2
1988	11.2	3.7	2.0	16.9	5.5	6.3	0.9	6.8	19.5	1.2	9.5	8.5
1989	10.9	3.9	2.1	16.8	5.1	6.8	0.9	6.5	19.3	1.1	8.9	8.7
1990	10.5	3.9	2.0	16.3	4.7	7.1	0.9	7.0	19.6	1.1	9.1	9.2
1991	10.6	4.1	1.9	16.5	4.5	7.1	0.9	6.5	19.0	1.1	9.5	9.3
1992	10.6	4.1	1.9	16.6	4.2	7.0	0.9	6.6	18.8	1.1	9.5	9.3
1993	10.4	4.2	1.9	16.5	4.1	7.0	0.9	6.6	18.6	1.1	9.2	9.6
1994	10.5	4.3	1.9	16.7	3.9	7.0	0.9	6.7	18.5	1.1	9.2	9.7

Continued

Table 29. Potassium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years—Continued

Year	Fruits			Vegetables					Fats and Oils							
	Citrus	Non-Citrus	Total	White Potatoes	Dark-Green, Deep-Yellow	Tomatoes	Other	Total	Butter	Marg-arine	Short-ening	Lard & Beef Tallow	Salad & Cooking Oils	Total	Sugars & Sweet-eners	Miscel-laneous
	Percent															
1909-19	0.7	7.4	8.1	23.9	2.3	3.2	7.5	36.9	0.1	0.0	0.0	0.0	0.0	0.1	1.5	4.9
1920-29	1.1	7.8	8.9	21.0	2.8	3.0	8.3	35.1	0.1	0.0	0.0	0.0	0.0	0.1	1.2	6.1
1930-39	1.6	7.4	9.0	18.8	3.1	3.4	8.6	33.8	0.2	0.0	0.0	0.0	0.0	0.2	1.1	6.8
1940-49	2.4	6.3	8.7	16.3	2.9	3.9	8.1	31.2	0.1	0.0	0.0	0.0	0.0	0.1	0.9	7.8
1950-59	2.7	6.4	9.1	15.3	2.3	3.9	7.4	29.0	0.1	0.0	0.0	0.0	0.0	0.1	0.5	7.9
1960-69	2.8	6.0	8.8	14.9	2.1	3.6	7.0	27.6	0.1	0.0	0.0	0.0	0.0	0.1	0.5	8.2
1970	3.3	6.0	9.3	14.4	1.8	4.4	7.0	27.7	0.1	0.0	0.0	0.0	0.0	0.1	0.5	7.8
1971	3.6	6.0	9.6	13.7	1.8	4.7	7.0	27.2	0.0	0.0	0.0	0.0	0.0	0.0	0.5	7.6
1972	3.8	5.7	9.5	13.9	1.9	4.5	6.9	27.2	0.0	0.0	0.0	0.0	0.0	0.0	0.6	8.1
1973	3.8	5.6	9.4	13.6	2.0	4.3	7.1	26.9	0.0	0.0	0.0	0.0	0.0	0.0	0.6	8.0
1974	4.0	5.9	9.9	13.4	2.0	4.5	7.2	27.1	0.0	0.0	0.0	0.0	0.0	0.0	0.6	8.0
1975	4.3	6.0	10.3	14.0	2.0	4.5	7.2	27.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	7.4
1976	4.2	5.9	10.1	13.5	1.9	4.6	7.1	27.2	0.0	0.0	0.0	0.0	0.0	0.0	0.6	7.6
1977	4.2	6.1	10.3	13.6	1.8	4.6	7.5	27.5	0.0	0.0	0.0	0.0	0.0	0.0	0.6	6.2
1978	3.9	6.4	10.3	13.3	1.9	4.4	7.4	26.9	0.0	0.0	0.0	0.0	0.0	0.0	0.6	6.8
1979	3.9	6.4	10.2	13.3	2.0	4.6	7.3	27.2	0.0	0.0	0.0	0.0	0.0	0.0	0.6	7.0
1980	4.2	6.6	10.8	13.4	2.0	4.7	7.4	27.5	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.7
1981	4.0	6.8	10.8	13.2	2.1	4.5	7.4	27.2	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.7
1982	3.9	7.0	11.0	13.2	2.1	4.5	7.4	27.2	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.7
1983	4.5	6.8	11.3	13.4	2.0	4.4	7.1	26.9	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.7
1984	3.7	7.3	11.0	13.4	2.1	4.8	7.2	27.6	0.0	0.0	0.0	0.0	0.0	0.0	0.5	7.0
1985	3.8	7.2	11.0	12.8	2.1	4.4	7.2	26.6	0.0	0.0	0.0	0.0	0.0	0.0	0.5	7.0
1986	4.1	7.4	11.5	13.1	2.0	4.4	6.9	26.4	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.9
1987	3.9	7.7	11.7	12.8	2.0	4.4	6.7	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	7.0
1988	4.0	7.5	11.5	12.6	2.0	4.2	6.8	25.6	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.7
1989	3.6	7.7	11.3	12.9	2.1	4.6	6.9	26.4	0.0	0.0	0.0	0.0	0.0	0.0	0.5	6.9
1990	3.1	7.5	10.6	12.5	2.1	4.8	7.0	26.4	0.0	0.0	0.0	0.0	0.0	0.0	0.5	7.2
1991	3.5	7.3	10.8	12.5	2.0	4.8	6.8	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	7.2
1992	3.5	7.4	10.9	12.7	2.1	4.5	6.8	26.1	0.0	0.0	0.0	0.0	0.0	0.0	0.6	7.0
1993	4.0	7.4	11.5	13.0	2.0	4.6	6.8	26.4	0.0	0.0	0.0	0.0	0.0	0.0	0.6	6.6
1994	4.0	7.5	11.6	13.2	2.0	4.6	6.6	26.5	0.0	0.0	0.0	0.0	0.0	0.0	0.6	6.1